A DAY OF FUN FOR THE WHOLE FAMILY, PG 3

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metro

TORONTO • TUESDAY, FEBRUARY 17, 2009 metrone

Celebrity pg 37

Parents ban Miley from moving out on her own

No kissing please, we're British

MESSAGE Stop smooching. That's the message of a new sign that went up outside a train station in northern England yesterday.

The goal is to stop departing passengers from pulling up in their cars at a crowded drop-off point and pausing to kiss each other farewell.

Virgin Rail says it installed the sign while refurbishing the station after a local business networking group said the place had to become more efficient. **THE ASSOCIATED PRESS**

Maple Leafs **Signed, sealed, delivered**

PAWEL DWULIT/TORSTAR NEWS SERVICE

Pavel Kubina signs autographs at the Air Canada Centre yesterday during the 31st annual Toronto Maple Leafs Skate for Easter Seals event. The Leafs host the Buffalo Sabres tonight at 7:30. More on the Leafs, page 22.

Hot on his heels

TTC employee recounts last Friday's shoving incident

Sitting in the ticket collection booth at Dufferin station last Friday, Russell Cormier was chatting with his partner when he heard a rumbling screech from the tunnel below.

"But I just thought of those kids and my own kids and I couldn't let this guy get away."
TTC employee Russell Cormier

"Then, all of a sudden, we heard screaming," Cormier said yesterday. "People started running upstairs. They were yelling, 'Kids. He pushed the kids.'"

By this time, Cormier was out of the booth trying to make sense of what was going on. That's when he saw a man bounding up the escalator.

"Someone yelled, 'That's him. That's him.'"

Cormier lunged at him as the suspect dashed for the exit turnstiles. By this time, Cormier's partner, Joe De Gabrielis, had jumped into the fray. The suspect wrestled away from Cormier, then swung at De Gabrielis. The suspect bounded outside and began sprinting down the street with Cormier at his heels.

At this point, Cormier began questioning whether he should be chasing him at all. Cormier, 47, is a large man and suffered a heart attack a year and a half ago.

"But I just thought of those kids and my own kids and I couldn't let this guy get away," he said.

Just as the suspect was about to slip inside a restaurant, Cormier pounced on him, sending the man to the concrete below.

Adenir DeOliveira, the man charged in Friday's incident, is scheduled to appear in Old City Hall court this morning. **TORSTAR NEWS SERVICE**

Smoke law may burn province, cop says

It's only a matter of time before someone "snaps" after being pulled over under Ontario's new law forbidding smoking in a vehicle carrying a minor, a police officer said yesterday in response to a quirk in the legislation that was made evident during a weekend incident.

Shield

- The law, which took effect Jan. 21, is designed to shield young people from highly concentrated levels of second-hand smoke.

"People got mad enough when they couldn't smoke in bars anymore, or bingo parlours," said Sgt. Bryant Wood, a police officer in Port Hope.

"Now you're telling them they can't smoke in cars. At some point somebody's going to snap along the way here."

Wood's comments came a day after one of his colleagues pulled over Port Hope resident Tory Ashton, 20, and wrote him a $155 ticket for smoking in his vehicle with a person under age 16 present.

Ashton was transporting several passengers, including a 15-year-old girl. While the ticket was being written, the girl — who is a smoker — got out of the car and legally lit up a cigarette. **THE CANADIAN PRESS**

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Riding the **Recession**

Looking for ways to save money and ride out the economic storm? For the next six weeks, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

- Style

Beauty tips on how you can save money while still looking like a million bucks, pg 24

- Entertainment

Designer Donna Karan offers her recession mantra, pg 34

- This week

Food — Local meals for a steal
Style — Looking on the bright side of fashion during New York Fashion Week

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Drug bust results in 457 pot plants
Police seized 457 marijuana plants being grown in two bedrooms and the cupboard of a Scarborough apartment last week. Police say officers were in the area on an unrelated call Feb. 13 and detected the smell of marijuana coming from the residence. TORSTAR NEWS SERVICE

Local

York to use taxes to fund hospitals

York Region is about to become the first municipality in the Greater Toronto Area to commit to long-term funding for building new hospitals and expanding others — to the tune of hundreds of millions of dollars that will come from property taxes. When council passes its budget Thursday, York will expand a controversial commitment to give local hospitals about $264 million in capital funding through 2031.

TORSTAR NEWS SERVICE

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Tomorrow's Metro

Metro Drive

Will new-kid-on-the-block Honda Insight beat the venerable Toyota Prius? Read the Metro report on two of the hottest hybrids out there.

metronews.ca

WHAT'S ONLINE TODAY

Video New Brunswick crash kills RCMP officer and his two young children at **metronews.ca/canada**

Immigration Guidy Mamann on the complications of sponsoring a foreign fiancée at **metronews.ca/live**

Lotteries

Ontario Pick 3: 1 3 6; **Ontario Pick 4:** 7 2 7 7
Encore: 7159852
Daily Keno: 4, 7, 8, 17, 18, 19, 20, 21, 31, 35, 37, 40, 44, 46, 48, 54, 56, 58, 59, 70.
These results are not official.

News in brief

PROTEST Hundreds of placard-waving, Toronto-area Tamils continued an ongoing series of demonstrations downtown last night. The crowds were chanting for justice in Sri Lanka, where they say thousands have been killed in the ongoing civil war. TORSTAR NEWS SERVICE

Families flock to events

Holiday offerings not prepared for massive numbers

Baby strollers threatened gridlock on Queen Street East sidewalks yesterday and would-be Cinderellas neared meltdown at the Bata Shoe Museum as Toronto families celebrated the day together.

Family Day Festival in the Beach drew hundreds of babies and toddlers riding in three-, four-, six- and eight-wheeled carriages.

Numbers grew so large at times that organizers ordered strollers to stay outside at two packed indoor church venues — one holding a crafts fair, the other a series of magic and animal shows.

Buggies also clogged a long line leading to the Ken Jen Petting Zoo set up for the day in Kew Gardens.

"How many animals are here?" co-operator Ken LaSalle asked as heavy crowds obscured the llamas, donkeys, chickens and goats from view.

"I don't know, but I know one thing — I've got to make the zoo bigger next time."

Promoters bill the Beach festival as one of the city's oldest Family Day traditions, held annually since the province declared the February statutory holiday last year.

Sunny weather and relatively benign temperatures helped draw crowds.

"Ponies are my favourite," said Hannah Found, 7, petting a brown and white one.

Much like the Beach festival, the Bata Shoe Museum's Cinderella Day, celebrating "one of the most beloved family stories of all time," appeared at times a victim of its own success.

A room set aside for telling the Cinderella story proved too small for eager crowds and the wait to try on one of three glittery Cinderella gowns proved too long for some four- and five-year-olds. TORSTAR NEWS SERVICE

NATHAN DENETTE/THE CANADIAN PRESS

People are silhouetted yesterday as they ride their bicycles over a bridge during a mild winter day along the lakeshore pathways on the Family Day holiday in Toronto.

Taking a Family Day holiday

TRACEY TONG
Metro Canada

OTTAWA On what would have been a regular rushed Monday afternoon in downtown Ottawa, hundreds of families were making the most of a balmy winter day — without work.

If it wasn't for the Family Day long weekend, Toronto resident Jean Chan said she probably wouldn't have made the trip to the capital at all.

"It's really nice to have the bonus day off."
Jean Chen

"We checked out the ice sculptures in (Confederation Park), saw some family friends and will probably do some shopping at the (Rideau Centre) before we head back," she said.

When she learned the museums were all open yesterday, she said the family might head there, too.

"It's really nice to have the bonus day off."

Device boosts hospital safety

HEALTH There are typically two "code whites" a week at Toronto East General Hospital, signalling that a violent situation is unfolding somewhere in the facility.

It can be patient on staff or even staff on staff.

"One of the issues that has existed in hospitals for the longest time, but really doesn't get talked about much is violence against health-care workers," said Toronto East General president Rob Devitt.

Six months ago, Toronto East General started a "zero tolerance" campaign to address the problem of workplace violence and has already succeeded in reducing response time by security to an average of 59 seconds from 2½ minutes.

What's made the difference is a small, white device — described by one hospital staffer as something "straight out of Star Trek" — that can be clipped onto a shirt or worn around the neck on a lanyard. Called a Vocera, it's a wireless device that allows for instant communication between security and staff. A quick double click of the iPod-like gizmo opens up a hands-free, two-way line between a staffer who's in trouble and every security officer in the building. It lets security know exactly where the problem is.

TORSTAR NEWS SERVICE

History

- The issue of violence in hospitals came to the fore in 2005 when a nurse at a Windsor hospital was murdered by her ex-boyfriend, an anesthesiologist.

Elderly woman hospitalized after being hit by a vehicle

ACCIDENT An elderly woman was taken to hospital after being hit by a car while walking on a sidewalk in North York.

The woman was using her walker along Hove Street, near Sheppard Avenue West and Bathurst Street, around 4:20 p.m. when she was knocked to the ground by a car reversing.

"It was a minor collision, but being her age, she was taken down," said Staff Sgt. Sandra Richardson.

The woman, believed to be in her 80s, was transported to hospital with non-life-threatening injuries. Traffic services are investigating the collision.

It's still unknown whether any charges will be laid, Richardson said.

TORSTAR NEWS SERVICE

"It was a minor collision, but being her age, she was taken down."
Staff Sgt. Sandra Richardson

Fire causes damage at apartment complex

A fire broke out at an apartment complex on Belshaw Place near Dundas Street East yesterday, causing $25,000 to $30,000 damage. Police said the residents were not home and the fire started on an unattended stovetop. TORSTAR NEWS SERVICE

Slumdog's local connection

There could be frequent screams and squeals of joy at a Mississauga home this Sunday as the Academy Awards air live from Los Angeles.

Freida Pinto, who made her film debut in the multiple Oscar contender Slumdog Millionaire, has relatives there who say they'll be watching the Hollywood film bash on TV together, with "eyes wide open, waiting for Freida" to appear.

Freida Pinto

Although Pinto is not up for an award herself, Slumdog Millionaire has 10 nominations, including best picture, best director, cinematography, original score and adapted screenplay.

"I just hope and pray that the movie takes all the awards," Janet D'Souza, one of Pinto's aunts, said in a recent interview.

"In whatever category it was nominated, we hope it wins."

D'Souza and Lydia Monteiro are sisters of Pinto's mother, Sylvia, who lives in Mumbai where the 24-year-old model-turned-actress was raised and still resides.

The 81st Annual Academy Awards

The two aunts say they've enjoyed watching from the sidelines as Slumdog wins over hearts worldwide with its compelling tale of a poor Mumbai teen (Dev Patel) who appears on a game show to win over his soulmate (Pinto).

"We're very proud of Freida herself, but we let her have the limelight," said D'Souza.

THE CANADIAN PRESS

Architect has built her niche

Joan Burt has spent much of her life fighting.

She fought her way into the male-dominated profession of architecture in the 1950s. She stood up to city hall when zoning or municipal projects clashed with her vision of the city. She spent decades battling to save Toronto's historic row houses from those who could only imagine the new, not the restored.

She lost at least one fight. By the early '70s, she had one of the most influential jobs a city architect could have, as chair of the Ontario College of Art's (OCAD) department of design. In January 1986, her suspension and subsequent departure from the OCAD made headlines.

She does not like to talk about it.

But the 78-year-old is happy to talk about the profession she has devoted her life to, and her city.

She graduated from the University of Toronto's architecture program in 1956, the only woman to graduate that year and the 21st overall. Two years later, she started her own firm, which celebrated its 50th anniversary last year.

Her first streetscape project, in 1965, was 13 row houses on Belmont Street, off Yonge Street north of Davenport Road.

In the years that followed, Burt renovated old buildings on Alpha Avenue, Berkeley Street and King Street East.

TORSTAR NEWS SERVICE

Award

- Last year, the first $5,000 Joan Burt Architect Award (funded by a charity) was given to a fourth-year OCAD environmental design student.

J. MICHAEL LA FOND/TORSTAR NEWS SERVICE

Joan Burt

Long ER waits may continue: Official

HOSPITALS At the same time the province is rolling out new initiatives to address long waits in emergency departments, Ontario Hospital Association president Tom Closson is warning that budget shortfalls could compromise the efforts.

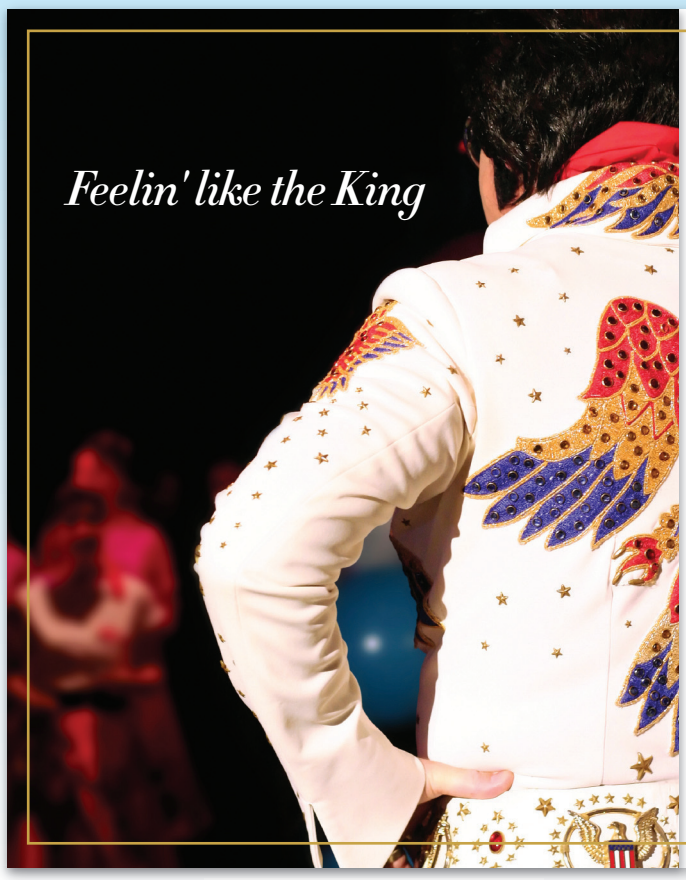
The province is expected to announce later this week targets for total time spent in emergency departments. But Closson said Ontario's 157 hospitals will be hard-pressed to meet those targets, given that 70 per cent of them are being forced to cut positions to balance the books.

TORSTAR NEWS SERVICE

News in brief

HEALTH Consumers and retailers should be cautious when buying toothbrushes after counterfeit products bearing brand names were found on the Canadian market, Health Canada warned yesterday. The toothbrushes are falsely labelled as Colgate Massager, Colgate Navigator, Oral B Classic 40, Oral B Contura and Colgate 360. THE CANADIAN PRESS

AIR CANADA VACATIONS



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BEAUTY *at the Bay*

Times and venue
The Canadian International Auto Show runs at the Metro Toronto Convention Centre and Rogers Centre till Sunday, Feb. 22. Show hours are 10:30 a.m to 10 p.m. daily and 10:30 a.m. to 6 p.m. on Feb. 22. METRO NEWS SERVICES

2009 Auto Show

Drool, dream, drive

MARK ATKINSON
for Metro Canada

Sure the theme for the 2009 Canadian International Auto Show is "The New Era" with its blend of environmental responsibility and alternative-fuel technology, but sometimes a little dose of power and style is what you need to get you through the night.

No problem. The CIAS has that covered in a number of ways. First, there are plenty of new sports and performance vehicles to be seen, including the powerful Hyundai Genesis coupe and the revised Nissan 370Z. For the first time since the '70s, Detroit's muscle-car wars are in full force as new versions of the Chevrolet Camaro, Dodge Challenger and Ford Mustang make their appearances. And variants of last year's participants at the Nürburgring Nordschleife throw-down for the fastest lap time around the 21-km German racetrack — the Chevrolet Corvette ZR-1, Dodge Viper SRT10 ACR and Nissan GT-R — are at their respective show booths as well.

But it's the more exotic machinery that should get enthusiasts' heart racing — the CIAS has excellent displays from some of the world's most prestigious brands. Along with the rest of its four-model lineup, Ferrari is showing its new F430 Scudeira Spider 16M, a track-ready blaze-yellow limited-production convertible. And the sexy sheetmetal sharing space in the Maserati booth in the form of the Quattroporte and Gran Turismo is enough to get cheeks red and palms sweaty.

Britain is well-represented by the Aston Martin DBS — as seen in the last two James Bond movies — and V8 Vantage, while Lotus has a handful of Elise and Exige models on hand so you can wonder how anyone fits inside comfortably. And if you'd rather spend the money on a new car than a second home, Bentley and Rolls-Royce would be more than happy to turn your hundreds of thousands of dollars into customized, bespoke luxury in the form of a Continental or Phantom Drophead coupe.

Like your performance more German? Fear not, as Audi's phenomenal new V10-powered R8 sits proudly in its display, while in the Mercedes-Benz booth, the SL65 AMG Black Series, McLaren-Mercedes SLR 722 Roadster and Maybach 62 S are three very different ways of spending over half a million dollars.

And we can't forget Porsche, whose least-expensive Boxster is sportier and more satisfying to drive than vehicles twice or three times its price. The usual range of world-beating 911 and Cayman models can be seen there as well.

So, there's plenty to drool and dream over at the CIAS, even if many of them won't quite save the planet.

Ferrari F430 Scudeira Spider

McLaren-Mercedes SLR 722 Roadster
MARK ATKINSON/FOR METRO CANADA

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the Bay

WWW.THEBAY.COM

Manitoba woman in critical condition after alleged beating

Five people have been charged with aggravated assault after a woman was badly injured during an assault early Saturday in Shamattawa, Man. Investigators say the woman, 26, was flown to hospital in Winnipeg where she remains in critical condition. Police have charged four women and one boy in connection with the attack. THE CANADIAN PRESS

Canada

Crash kills officer, children

A head-on crash between a car and a bus near Fredericton, N.B., has claimed the lives of a New Brunswick RCMP officer and his two young children. Const. Jason Porter, left, his daughter Hannah, 5, and son Jack, 2, were killed when the car he was driving struck a bus on Highway 7 south of Oromocto. RCMP Sgt. Claude Tremblay said the accident happened at 6:50 p.m. on Sunday and roads were slippery. THE CANADIAN PRESS

Violent youth crime rate up

Woman killed in B.C. shootings

Criminologist Ehor Boyanowsky studies gangs and youth violence for a living, but the latest spate of killings in Metro Vancouver has burned through his professional detachment.

He knows two mothers whose sons have been killed — the mothers of 21-year-old Tyson Edwards, stabbed outside a Vancouver nightclub on Feb. 1, and 23-year-old Lee Matasi, shot to death in 2005 outside another club just blocks from where Edwards died.

With a gang war seemingly playing out on the streets of Metro Vancouver and almost daily shootings, the Simon Fraser University professor wonders if a shift toward deadly extremes has taken place among Canada's youth.

Yesterday, two more shootings in suburban Surrey, B.C., left one man injured and a woman dead, slumped over in the driver's seat of her car with a four-year-old boy in the back seat.

"What we've got here are people acting out violently under the least provocation," Boyanowsky says.

While the overall rate of crime reported to police has dropped steadily since the 1990s, violent youth crime has increased since the mid-1980s.

THE CANADIAN PRESS

B.C. Untying tradition

JONATHAN HAYWARD/THE CANADIAN PRESS

B.C. Finance Minister Colin Hansen, right, poses yesterday at a pre-budget photo opportunity in Victoria, B.C. Instead of following tradition of buying new shoes for himself, Hansen bought 100 pairs of children's shoes to be distributed to children in need by the Salvation Army.

News in brief

MANITOBA In 1885, awaiting the hangman's noose for high treason, Metis leader Louis Riel wrote several poems about his religious and political beliefs. Yesterday, more than a century later, as Manitobans celebrated a holiday that bears his name, Riel's writings were finally unveiled. The poems offer insight into a man reviled by many at the time as a traitor who has in recent decades been heralded as the father of Metis rights. THE CANADIAN PRESS

Harper to stress U.S. economic ties

OBAMA Prime Minister Stephen Harper has one crucial mission when he meets Barack Obama for the first time Thursday — convince him that America's economic future is irrevocably linked with Canada's.

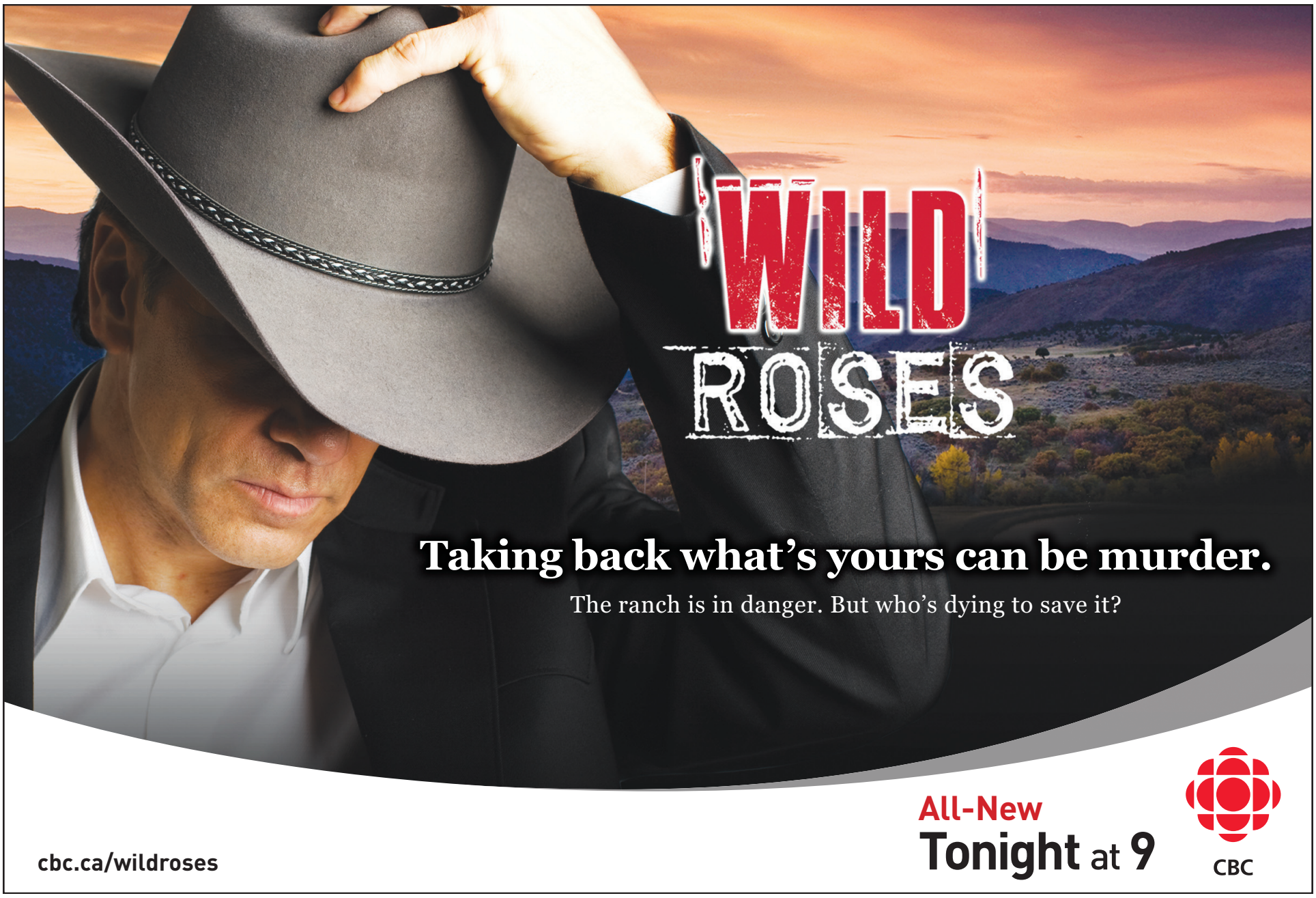
Business leaders and economists say it's essential that Harper impress on Obama the importance of maintaining open borders and liberalized trade between the two countries, particularly during the current economic crisis.

THE CANADIAN PRESS

Immigration

Guidy Mamann

Read A fiancee's dilemma at metronews.ca



Audit finds $600K missing from Nova Scotia fishing company
A federal audit of a native-run fishing company in Nova Scotia has found $600,000 that cannot be accounted for. The Department of Fisheries and Oceans gave nearly $4.3 million to Indian Brook Fisheries Ltd., to help develop a fishing industry. THE CANADIAN PRESSS

Quebec **Family dispute**

JACQUES BOISSINOT/THE CANADIAN PRESS

Quebec cabinet minister Robert Dutil's daughter Karen Veilleux-Dutil and his ex-wife Noelline Veilleux, right, at a news conference where they accused Dutil of breaking a promise and asked for his resignation yesterday in Saint-Georges, Que. The mother and daughter requested that Dutil go public over the family's participation in the ecological village of Ham-Nord, Que.

Work sharing back

As the economic slump worsens and companies struggle to cut costs, workers and experts are touting the benefits of a "shockingly well-hidden" government program that allows employees to cut their hours to avoid layoffs while taking only a minimal pay cut.

Under the program, known as work sharing, employees will work four days a week while collecting employment insurance on the fifth day.

In its most recent budget, the federal government extended the length of time employers can use work-sharing agreements by 14 weeks to a maximum of one year, giving businesses the ability to cut costs without reducing the size of their workforce.

With the Canadian unemployment rate expected to rise to nearly nine per cent this year — from 7.2 per cent now — and the economy predicted to shed 350,000 jobs as the recession deepens, work sharing has become an option for corporate Canada seeking to cut costs and still avoid major layoffs until the economy recovers.

Many Canadian companies have taken advantage of the federal EI job sharing plan, though it has been little publicized since it was introduced more than 25 years ago during the early 1980s recession. At that time, the jobless rate hit 13 per cent after a massive streamlining in the auto, steel and industrial sectors.

THE CANADIAN PRESS

Better solution than layoffs

- Frank Reid, director of the Centre for Industrial Relations and Human Resources at the University of Toronto, said that studies have shown productivity is higher under work-sharing agreements than when companies lay off employees.

Detainees lose bid for documents

GITMO Two detainees at Guantanamo Bay with alleged terrorist links have lost a bid to force Canadian officials to turn over intelligence documents related to their cases.

Mohamedou Slahi is a Mauritanian citizen who lived in Montreal as a permanent resident for two months in 1999 and 2000.

Ahcene Zemiri, an Algerian, lived in Canada for seven years until June 2001.

Canadian intelligence agents interviewed the men at Guantanamo Bay in 2003 and 2004.

THE CANADIAN PRESS

News in brief

CROWN Quebec Premier Jean Charest says he's not about to prevent Crown corporations like Hydro-Quebec from boosting their rates.

TASER A security guard told police in B.C. shortly after Robert Dziekanski was stunned by an RCMP Taser that the Polish man was aggressive and threatened to throw a stapler. But 16 months later, Sidharth Arora remembers almost nothing about Dziekanski's fatal confrontation with police in October 2007 at Vancouver's airport.

LAWSUIT A Quebec man who spent three years behind bars after being wrongfully convicted of a sexual assault is suing the Quebec and Canadian governments. THE CANADIAN PRESS

eBay Sellers are Making $10,000+ a Month

By James Ryder

Why settle for mediocre pay and long hours when it is possible to make over $100,000 a year from the comfort of your home?

Over 170 million people are registered eBay users and 1.3 million are making a full-time living through online auctioning, leaving their everyday jobs.

Dan Lok, online auction and internet expert, is one of many people who have left the mundane aspect of a 9-to-5 desk job and begun to make his own income at home. Now Lok is making around $10,000 a month.

"People shouldn't wait until they find themselves out of a job before they find out they are not financially secure," Lok said. "They should start ensuring their own and their family's financial future immediately."

Not only does eBay allow people to make money and get rid of some things that may no longer be of use, there are more benefits than cash. If a seller can make $1,000 a month or more, they can qualify for most of the same benefits that are available in a regular 9-to-5 job, such as health, vision and dental. Over 200,000 members of eBay qualify for these benefits and more.

Mike, another successful eBay seller.

Not only does using eBay at home cut back on paying for gas and having to deal with the hassle of rush hour traffic, but also consumer demands through the Internet are continually growing, allowing for a higher income rate per seller.

One source says on average one car is sold every two minutes, a car part or accessory sold every three seconds, diamond jewelry every eighty-three seconds, and a pair of Timberland shoes every ten minutes. These items and more, from concert tickets to stamps and coins, are sold daily by average people looking to gain an income or better their current cash flow.

"Anybody can do it if they know the right technique," Lok said. "With the right techniques it's easy to make extra income."

It is rather easy to get started in the process and become acquainted with the techniques.

With a little homework, access to an Internet-ready computer, and some basic computer knowledge, anyone can be on their way to becoming a member of the fastest growing community in the Canada and the U.S.

"Why wait to win the lottery," Lok said, "when selling on eBay is like winning the lotto every day."

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ebay developers program member

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10:00 am, 1:00 pm & 7:00 pm	10:00 am, 1:00 pm & 7:00 pm	10:00 am, 1:00 pm & 7:00 pm
Holiday Inn Select Brampton 30 Peel Centre Drive	Wyndham Garden Hotel 185 Yorkland Boulevard	Sheraton Parkway Toronto North Hotel 600 Highway 7 East

TORONTO AIRPORT	BURLINGTON
Wednesday, March 4, 2009	Thursday, March 5, 2009
10:00 am, 1:00 pm & 7:00 pm	10:00 am, 1:00 pm & 7:00 pm
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Woman dies after stolen car crashes

A woman died in Edmonton yesterday after the stolen car she was riding in crashed into a tree during a police chase, crushing part of the vehicle's front cabin. Two men in the car, including the driver, were taken to hospital to be treated for undetermined injuries. THE CANADIAN PRESS

Report pans oilsands plan

Regions would suffer: Study

A new environmental study warns other regions of Canada would suffer if a national cap-and-trade system for greenhouse gas emissions made allowances for Alberta's oilsands.

"We're calling on the provinces to ask the federal government that the system be set up equitably across all regions and sectors," said Gillian McEachern of ForestEthics, one of six groups behind the study sent to federal Environment Minister Jim Prentice.

Its release came on the eve of a meeting today of Canada's environment ministers in Whitehorse, Yukon. The issue is also likely to come up Thursday when U.S. President Barack Obama is to meet in Ottawa with Prime Minister Stephen Harper.

Canada has expressed interest in a North American agreement on reducing greenhouse gases. But Obama's administration prefers hard caps that would result in absolute reductions, while Harper's Tories have backed an intensity-based approach that would allow emissions to rise with growing output.

That proposal has been criticized for letting Alberta's oilsands — where greenhouse gases are increasing faster than anywhere else in Canada — off the hook.

THE CANADIAN PRESS

Penalty

- Alberta Premier Ed Stelmach has long argued that hard emissions targets for the oilsands would constitute an unfair penalty on the province's economy.

Supreme Court **New justice sworn in**

ADRIAN WYLD/THE CANADIAN PRESS

Justice Thomas Cromwell is sworn in yesterday by deputy registrar Louise Meagher during a public ceremony at the Supreme Court of Canada in Ottawa. Cromwell was officially sworn in as the ninth member of the Supreme Court of Canada during a private ceremony in January.

B.C. civil liberties group honours Khadr lawyer

An American military lawyer is being recognized by a B.C. civil liberties group for his work on behalf of Canadian citizen Omar Khadr, who is behind bars at the military prison camp in Guantanamo Bay, Cuba.

The B.C. Civil Liberties Association said yesterday that Lt.-Cmdr. William Kuebler's work for 22-year-old Khadr earned him the group's annual award this year, the first time a non-Canadian has received the honour. THE CANADIAN PRESS

Child porn trial starts for teacher

COURT Montreal private school teacher Richard Doucet, who taught English and math at the esteemed Montreal prep school Selwyn House, will stand trial in Fredericksburg, Va., today on more than 230 charges related to child pornography.

Virginia Det. John Chapman said each crime carries a five-year mandatory prison term, which, because they would be served consecutively, means Doucet could be sentenced to more than 1,000 years in jail if convicted on all counts.

THE CANADIAN PRESS

News in brief

HERITAGE The Nova Scotia government has announced it will help fund a bid to have Grand Pre declared a world heritage site. The province is providing more than $280,000 in hopes of helping the location earn the UNESCO designation. Located in the Annapolis Valley, Grand Pre is the site of the expulsion of the Acadians, which began in 1755.

THE CANADIAN PRESS

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Travel Mar 6 - Mar 13/ts + taxes & fees $256

Amsterdam $299
Travel Apr 22 - Apr 30/ts + taxes & fees $430

Munich $349
Travel Jun 2 - Jun 10/ts + taxes & fees $305

Athens $499
Travel May 10 - May 18/ts + taxes & fees $397

Rome $499
Travel May 6 - May 13/ac + taxes & fees $289

Beijing $599
Travel Feb 25 - Mar 11/ua + taxes & fees $376

Sao Paulo $649
Travel Feb 25 - Mar 11/ac + taxes & fees $335

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Delhi $829
Travel Apr 8 - Apr 21/lx + taxes & fees $416

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Riu Merengue + taxes & fees $316
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 6/sqv/5g. ADD white water river rafting on Yaque del North River from $123.

Samana 4-Star $787
Grand Paradise Samana + taxes & fees $316
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Bahamas 4.5-Star $797
Riu Paradise Island + taxes & fees $238
INCLUDES roundtrip airfare, transfers and 4 nights 4.5-star all-inclusive accom. Departs Mar 1/sqv/5g.

Los Cabos 5-Star $997
Presidente InterContinental + taxes & fees $267
INCLUDES roundtrip airfare, transfers and 7 nights 5-star all-inclusive accom. Departs Mar 26/sqv/5g.

Sunquest

Holidays

ORLANDO FAMILY SPECIAL $299*
Holiday Inn Sunspree + taxes & fees $227
INCLUDES roundtrip airfare, car rental and 5 nights 3-star accom minutes from *Walt Disney World* Resort. Departs Mar 30/swg/wg. ADD 4-day *Magic Your Way* Base Ticket from $276.

Las Vegas 4 Nights $385
Circus Circus + taxes & fees $230
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Mar 1/swg/wg. UPGRADE to 4-star Ballys from $10 per night.

New England Fly & Drive $449
+ taxes & fees $122
INCLUDES roundtrip airfare to Boston and 7-day car rental to explore the New England coast at your own pace. Departs Apr 15/ggv/aa.

Mediterranean Cruise $659
Voyager of the Seas + taxes & fees $87
INCLUDES 7-night Royal Caribbean cruise, onboard meals & entertainment. Sail roundtrip from Barcelona and visit Naples, Rome, Florence, Nice and Marseille. Port charges included. Sails Nov 15.

Phoenix 5-Star $799
Fairmont Scottsdale + taxes & fees $253
INCLUDES roundtrip airfare and 4 nights 5-star accom. Departs Mar 5/ggv/ac. ADD Valley of the Sun city tour from $59.

Japan Holidays

TOKYO $919
Chisun Inn Asakusa + taxes & fees $517
INCLUDES roundtrip airfare and your first 3 nights 3-star accom in central Tokyo. Departs Apr 16/ggv/ac. ADD full-day walking tour of historic Tokyo from $98.

Japan Fly & Rail $1097
+ taxes & fees $517
INCLUDES roundtrip airfare to Tokyo and 7-day consecutive Japan Rail Pass. Departs Apr 16/ggv/ac. ADD Mt Fuji day trip including Lake Ashi sightseeing cruise from $179.

Tokyo to Osaka 9-Day Tour $1999
Japan Express + local payment USD150
INCLUDES all accom, transportation, most meals, tour leader and local guides on this 9-day small group tour from Tokyo to Osaka. HIGHLIGHTS Koyasan, Japan's home of Buddhism, the rebuilt city of Hiroshima and Mt Fuji. Departs Mar 31/gap.

Japan 12-Day Tour $2460
Land of the Rising Sun + local payment JPY30000
INCLUDES all accom, transportation, most meals, tour leader and local guides on this 12-day small group tour of the Land of the Rising Sun. HIGHLIGHTS Tokyo, soaking in traditional outdoor onsen, reflecting on the past in Hiroshima and exploring the geisha culture in Kyoto. Departs twice weekly from Mar 10 - May 29/itp.

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13-year-old British father to receive paternity test

A DNA test will be performed to determine if a 13-year-old boy fathered a baby with his 15-year-old girlfriend. The test comes after a Sunday tabloid newspaper reported that other teenage boys have come forward claiming to be the father of the newborn baby girl. THE ASSOCIATED PRESS

World

Israel must cede land: Livni

Tzipi Livni, who hopes to be appointed Israel's prime minister-designate, said yesterday the country must give up considerable territory in exchange for peace with the Palestinians. "We need to give up half of the Land of Israel," she said, referring to biblical borders that include today's Israel, the West Bank and Gaza. THE ASSOCIATED PRESS

U.K. law limits photos of police

A new British anti-terrorism law that went into effect yesterday could bar photographers from taking pictures of police or military personnel — a move that prompted 200 photographers to protest outside of Scotland Yard's headquarters.

Although the measure aims to prevent terrorists from taking reconnaissance shots, photographers say it can be misused at a whim to stop any pictures from being taken — especially images involving police abuse and demonstrations.

"This law makes it much more difficult to photograph any kind of public demonstration or riot," said Marc Vallee, a protester and photographer. "The police are already suspicious of photographers and this just gives them more ammunition to stop us at our work."

Britain has come under fire in recent years for several measures that civil liberties groups say erode people's freedoms.

In 2005, another law prohibited demonstrations around Parliament.

THE ASSOCIATED PRESS

Closing shutters

- The law was designed to protect officers on counter-terrorism operations.
- Officers could allow photographers to keep taking pictures. But they could also ask them to stop or threaten them with arrest.

LEFTERIS PITARAKIS / THE ASSOCIATED PRESS

A photographer poses outside British police headquarters during an event in central London yesterday to protest against new anti-terror legislation that photographers claim could hamper journalists from taking pictures at public demonstrations.

U.S. 'distorted, ignored' human rights law: Panel

WARFARE The U.S. and other countries that used torture in the war on terror seriously damaged respect for basic human rights, an international panel of experts said yesterday.

The eight-member panel, led by former Irish president Mary Robinson, said the three-year investigation found that the damage to human rights law was more severe than they had expected.

The panel also appealed to the new U.S. administration to restore respect for humanitarian law.

The report said the U.S. government applies rules of war to situations without armed conflict and that in cases of real combat it "distorts, selectively applies and ignores otherwise binding rules" of international humanitarian law, which includes the Geneva Conventions on the conduct of warfare.

THE ASSOCIATED PRESS

News in brief

PULLOUT U.S. President Barack Obama's chief spokesman said yesterday that Obama will make a decision shortly about how many additional troops to send to Afghanistan, and when. "Without getting into broad timelines, I don't think this is anything that involves weeks," White House press secretary Robert Gibbs said when asked about the timing of Obama's decision. The presidential spokesman underscored that Obama's move would come shortly. THE ASSOCIATED

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Toronto Stock Exchange Tower
Woodbine Centre
Yorkdale Mall
York Lanes (York University)
2187 Queen St. E (The Beach)
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Southern California hit by rain, snow

A storm that could be the largest of the season brought heavy rain and snow to sections of California. The National Weather Service posted winter storm warnings yesterday for the Sierra Nevada and issued flood advisories from the San Francisco Bay area south to the Los Angeles region. THE ASSOCIATED PRESS

Flight's final seconds

Seats are upright. Belts are buckled. Trays are up. Flight 3407 is beginning its descent to Buffalo Niagara International Airport. And then something suddenly goes wrong.

The 44 passengers are lifted from their seats and forcefully jostled from side to side. But the severe pitches and rolls that jerked the plane's nose up and down from 31 degrees to 45 degrees while rolling violently from side to side, once almost onto the plane's back — would have ended within 20 seconds when the plane hit the ground.

Experts say a sense of panic was likely setting in, but passengers probably did not have time to realize they were crashing.

"Just panic. They were feeling things they've never felt before, but it wouldn't have been: 'We're going down. We're going down,' " said Skip Moshner, a pilot and instructor for the type of plane that crashed Thursday in Clarence, N.Y., barely three minutes from touchdown.

"Nobody suffered in this crash," Moshner said.

THE ASSOCIATED

Freefall

- The Canadian-made Continental commuter plane dropped 800 feet, or 240 metres, in just five seconds.

News in brief

MERCURY The new U.S. administration wants a binding international treaty to reduce mercury in the environment, a diplomat said yesterday, in a reversal of previous policy.

NEW YORK Mad at disgraced investor Bernie Madoff? There's a toy for you. A vendor at this week's Toy Fair is offering the "Smash-Me Bernie".

THE ASSOCIATED

Belarus **Day of solidarity**

SERGEI GRITS / THE ASSOCIATED PRESS

Police disperse opposition protesters as they take part in a Day of Solidarity demonstration in Minsk yesterday. The action, which takes place every 16th day of each month, demonstrates public solidarity with those who fight for democracy, such as political prisoners and their families.

Chinese political blogger stabbed at reading

BEIJING A Chinese blogger whose satirical postings have gained a wide following was stabbed in the stomach at a Beijing book store after a reading, witnesses said yesterday.

Xu Lai, who writes under the pseudonym Qian Liexian, was attacked Saturday at the Beijing Danxiangjie Book Store, a staffer confirmed yesterday.

Xu, who is also culture editor at the Beijing News paper, was apparently stabbed in the store's bathroom by two men who later fled, according to friends who posted the news online.

Xu's blog, entitled Qian Liexian Wants to Speak, offers satirical musings on society and politics.

Xu was recovering in hospital yesterday, and his wounds are deemed to be non-life-threatening.

THE ASSOCIATED PRESS

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Gaza offensive chance to perfect anti-rocket system: Israel
Israeli weapons developers traced the paths of hundreds of rockets fired by Palestinians during the recent Gaza offensive, hoping the data will help perfect a planned interception system, defence officials said. THE ASSOCIATED PRESS

Nuclear subs collide

Nuclear-armed submarines from Britain and France collided in the Atlantic Ocean earlier this month, authorities acknowledged yesterday.

HMS Vanguard, the oldest vessel in Britain's nuclear-armed submarine fleet, and the French Le Triomphant submarine, which was also carrying nuclear missiles, both suffered minor damage in the crash.

> **"This really shouldn't have happened at all."**
> Stephen Saunders

No crew members were reported injured.

Defence officials for both Britain and France said the contact happened at "low speed" and it posed no nuclear safety risk.

Naval experts said they were amazed by the crash.

"This really shouldn't have happened at all," said Stephen Saunders, a retired British navy commodore and editor of Jane's Fighting Ships. He said neither sub would have had a precise position for the other since they don't always turn on their radar systems, or make their presence obvious. THE ASSOCIATED PRESS

Pakistan agrees to impose Islamic law in ceasefire deal with Taliban

PAKISTAN The government agreed to impose Islamic law and suspend a military offensive across much of northwest Pakistan yesterday in concessions aimed at pacifying the Taliban insurgency spreading from the border region to the country's interior.

The announcement came as three missiles believed fired from an American drone destroyed a house used by a local Taliban commander elsewhere in the northwest, killing 30 people, witnesses said.

The ceasefire will likely concern the United States, which has warned Pakistan that such peace agreements allow al-Qaida and Taliban militants time to rearm and regroup. THE ASSOCIATED PRESS

The deal

- The Taliban says it is fighting only to enforce Shariah (Islamic) law and promised co-operation if the laws are implemented.
- Pakistan said the laws would only be implemented when the violence stops.

Milosevic ally tries prison break

ESCAPE Serbian authorities say they have foiled an attempted prison escape by Slobodan Milosevic's paramilitary commander, a man convicted of killing the former president's political rivals.

Milorad Ulemek, who headed the elite Red Berets unit during the 1990s wars in Bosnia and Croatia, is serving two 40-year sentences for two political killings. He planned to flee earlier this month while being transported to the hospital for a checkup, the Justice Ministry said. THE ASSOCIATED PRESS

News in brief

NORTH KOREA North Korea claimed it has the right to "space development" yesterday — a term it has used in the past to disguise a missile test as a satellite launch. It vowed to press ahead with test-firing what neighbouring countries believe is a long-range missile. Last week, U.S. Secretary of State Hillary Clinton, on her first overseas tour of Asia, warned against any "provocative action and unhelpful rhetoric." THE ASSOCIATED PRESS

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Comment & Views

Comment

All hell won't break loose

U.S. president's visit unlikely to stir up controversy

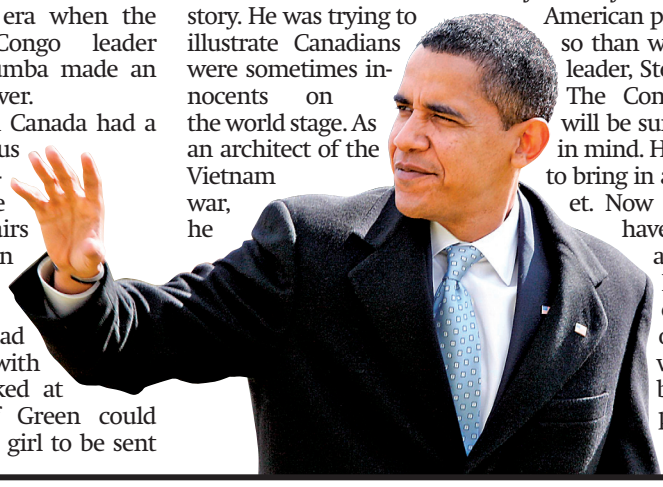
National**Report**

One of the more saucy stories from the annals of foreign leaders visiting Canada came back in the Diefenbaker era when the notorious Congo leader Patrice Lamumba made an Ottawa stopover.

Back then Canada had a highly religious and somewhat naive external affairs minister in Howard Green. Lamumba had a meeting with him and asked at the close if Green could arrange for a girl to be sent over to his Chateau Laurier suite.

Not aware of Lamumba's reputation as a fornicator of some renown, Green thought he meant a stenographer. Yes, of course, he could do that, he replied. The next day an unsuspecting typist was sent over to the Chateau. She entered the Congo leader's room — and all hell broke loose.

The late Dean Rusk, secretary of state in the Kennedy administration, told me that story. He was trying to illustrate Canadians were sometimes innocents on the world stage. As an architect of the Vietnam war, he might have known all about the pitfalls of being naive. So might the most recent Bush administration.



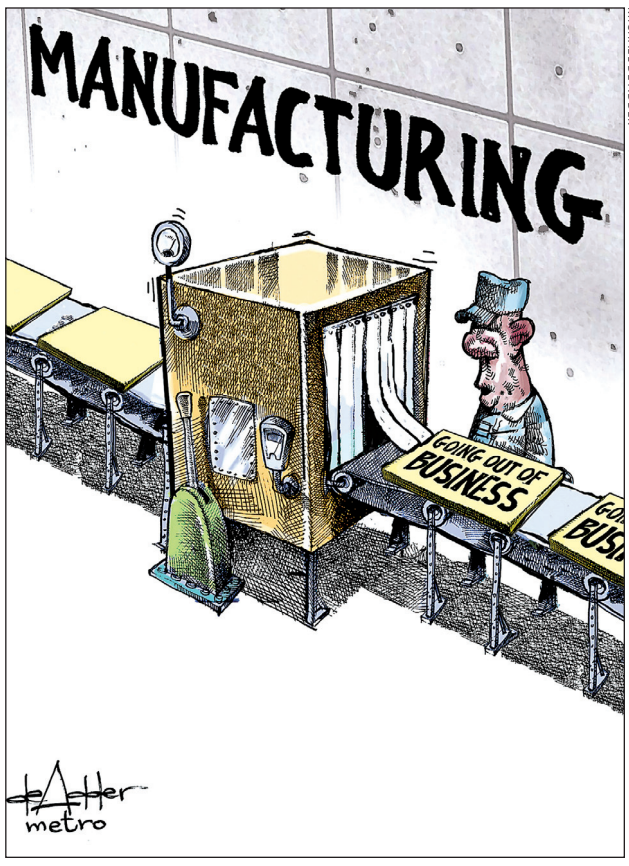
Vietnam and Iraq were two wars that made relations between presidents and prime ministers difficult at best. U.S. President Barack Obama's visit here Thursday provides an opportunity to set aside differences and re-establish harmony between the two countries.

Canadians at this point see eye to eye with the new American president more so than with their own leader, Stephen Harper. The Conservative PM will be sure to bear this in mind. He has just had to bring in a liberal budget. Now he's going to have to all but fall at the feet of a liberal president. To do otherwise would hardly benefit his public standing.

That means you won't see any big disagreements between the U.S. president and the prime minister Thursday in what will be a short, businesslike meeting. On the economy, on energy, on the environment and on Afghanistan, there is plenty of room for discord. In terms of the chemistry between the two men, all is not the most promising either. One is dour and conservative. The other is eloquent and liberal.

But the times and circumstance require they find common ground. And so they will — at least for the time being. More awkward moments for the prime minister will be certain to come. One will be when liberal soulmate Michael Ignatieff, who has close contacts in the Obama camp, travels to Washington later this year for a lengthy and most friendly get-together.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Ducks just tip of toxic tailings iceberg

Simon Dyer
Pembina Institute

The recent decision by the governments of Canada and Alberta to charge Syncrude for the death of 500 waterfowl on a tailings pond confirms the seriousness of the environmental challenges facing the oilsands.

Sadly, the ducks are just one of a litany of growing environmental problems. In many ways, the heated debate about the magnitude of potential fines faced by Syncrude and ways to stop birds from landing in toxic waste is clouding a much more important issue — the absence of solutions to deal with the tailings ponds themselves.

Tailings ponds include leftover bitumen, diluents such as naphtha, and toxins including naphthenic acids, phenolic compounds and ammonia. The oilsands industry produces tailings at a staggering rate. Between the time you read this and Syncrude's court date March 25, oilsands companies will have produced another 2,952 Olympic-sized swimming pools of liquid waste. This means every day another 82 Olympic-sized pools of toxic tailings are created.

More alarmingly, a recent report using industry data calculated more than four swimming pools of toxic tailings leak from the ponds into groundwater and the Athabasca River every day. Government cannot or will not release actual seepage data.

Tailings lakes already cover 130 square kilometres of northern Alberta, an area larger than the City of Vancouver. These should not have been allowed to expand before industry demonstrated it could clean up the mess.

"Between the time you read this and Syncrude's court date March 25, oilsands companies will have produced another 2,952 Olympic-sized swimming pools of liquid waste."

Last week, the Alberta Energy Resources and Conservation Board released a directive that acknowledged operators have failed to properly reclaim 40 years of toxic tailings waste. Time will tell if the days of voluntary management are over.

If Canada and Alberta are serious about dealing with this toxic liability, we need to prohibit the creation of new tailings ponds and halt new project approvals until companies with existing oilsands projects can demonstrate ways to extract bitumen without this harmful byproduct.

Government must decide if charging Syncrude is about creating the illusion of action for the benefit of U.S. President Barack Obama, or if they really want to reform the way oilsands are developed. Shedding the dead ducks image and dirty oil tag will require serious changes, not just Band-Aid remedies.

Simon Dyer is oilsands program director with the Pembina Institute in Calgary. The institute's reports on the impacts of oilsands are available at oilsandswatch.org

Letters

The love affair with bottled water is over

In Ontario, municipal water systems are among the safest and strongest in the world. Meanwhile, bottled water costs more, is less regulated, consumes more energy and releases more harmful toxins.

It's becoming clear that the recent love affair with bottled water has reached its limits. Bottled water's 15 minutes are up, the marketing scam is out of the closet and the tap is back.

The simple fact is there is no "green" solution to bottled water. In Ontario, 13 municipalities have banned bottled water and 14 more are considering options.

The only question now is whether the province will be next.

JOE CRESSY, OTTAWA

Nestlé speaks out on water

I read with interest the column by former Toronto mayor John Sewell that appeared in the Feb. 6 edition of Metro entitled Banning bottled water as odd as banning smoking?

In his column, Sewell compares bottled water to cigarettes, a questionable analogy given Health Canada's current position on both products. Further, he cites incorrect international information to characterize Canadian bottled water sources and recycling rates.

Only 10 per cent of bottled water in Canada comes from municipal sources. And about 60 per cent of plastic beverage containers, including water bottles, are recycled domestically. Finally, tap water isn't free, nor should it be. Why? Funding is urgently required to repair municipal water and sewer infrastructure across Canada. If, like our industry, everyone paid their fair share for the water they use, such infrastructure would be in better repair, including the 65,000 households in Toronto that can't easily consume their water because of lead contamination.

JOHN CHALLINOR II,
DIRECTOR OF CORPORATE AFFAIRS,
NESTLÉ WATERS CANADA

Metro Online Poll Results

58% SAID YES	Should Canada retaliate against attempts at U.S. protectionism? *Weigh in on today's question at metronews.ca*	42% SAID NO

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Russia's industrial output down 16 per cent
Russia's industrial production shrank by 16 per cent in January compared to the same month a year ago. Industrial output was down even more sharply — by 20 per cent — compared to December, the Federal Statistics Agency said. **THE ASSOCIATED PRESS**

Business

Bus operator loses money

Student Transportation of America reported yesterday a second-quarter loss of $9.2 million US, reversing a year-ago profit of $700,000 as the bus company took $14.2-million in charges related to fuel hedging and goodwill impairment. Student Transportation is the fourth-largest provider of school bus transportation services in North America. THE CANADIAN PRESS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Factory sales take tumble

Worst year for auto trade

Canadian manufacturing sales took their steepest tumble in at least 17 years in December, falling for a fifth straight month and capping off the worst period ever for auto trade with the United States.

Statistics Canada said yesterday that December's 8.0 per cent decline to $44.2 billion, accelerating from November's 6.4 per cent pullback, was the largest monthly sag in manufacturing sales since 1992. For all of 2008, the value of sales declined 0.5 per cent to the weakest level since 2005.

Statistics Canada also reported large shifts of international investment during December, as Canadians pulled back money from abroad while foreigners removed an "unprecedented" amount of Canadian bonds from their holdings.

The agency said Canadians' sale of $6.4 billion worth of foreign securities in December represented the fourth straight month of net divestment from other countries.

14 billion —the automotive trade deficit in 2008, more than double compared with $6.6 billion in 2007.

Meanwhile, the Canadian Auto Workers said 2008 was Canada's worst-ever year in trade of automotive products. CAW president Ken Lewenza estimated that the $14-billion auto trade deficit last year corresponds to the loss of 22,500 direct auto jobs and is the main reason why Canada suffered its first trade deficit in more than three decades in December. THE CANADIAN PRESS

TOBY TALBOT/THE ASSOCIATED PRESS
The 64-year-old Vermont Country Store in Weston, Vt.

Staid store shows sex sells

RETAIL New England's staid Vermont Country Store, a mail-order staple for 64 years in Weston, Vt., has unleashed a flood of cancellation notices, irate letters and calls from some of its customers over its latest line — vibrators, instructional sex videos and "pleasure gels" for older folks who need a little help.

The store's 67-year-old proprietor Lyman Orton figures he got 600 letters, most of them critical. But the "intimate solutions" items have been big sellers, though the company won't say which items are moving the fastest.

The catalog started by Orton's father as a 12-page mailer in 1945 is now a $100-million-a-year business. METRO NEWS SERVICES

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World markets fall as Japan's woes deepen

MARKETS World markets fell yesterday, after figures showed Japan's economy contracted at its quickest pace in 35 years and a weekend summit of Group of Seven finance ministers provided few concrete proposals to counter the economic crisis.

Drops in Europe followed losses in Asia, but trading volumes were subdued as U.S. markets were closed for Presidents Day.

Japan's worse-than-expected fourth quarter GDP numbers were a sobering reminder of the toll the worst economic downturn in decades is having on Asia's export-driven economies. The world's second-biggest economy shrank 3.3 per cent from the previous quarter, or at an annual pace of 12.7 per cent.

Investors seemed disappointed after finance chiefs from the Group of Seven developed countries finished their meeting in Rome with pledges to work together to boost growth and unemployment, but stopped short of concrete measures. Increasingly, investors are unconvinced world governments are acting quickly enough to counter the economic crisis, analysts said. THE ASSOCIATED PRESS

Honda sees brisk sales of hybrid

AUTOS Honda Motor Co. said yesterday demand for the Insight, the cheapest hybrid vehicle on the market, is soaring in Japan with orders topping its monthly target of 5,000 in just over a week.

The gas-electric hybrid, which starts at 1.89 million yen (about $26,000), hit showrooms on Feb. 6.

The Insight is cheaper than Toyota's Prius, the most popular hybrid, which sells for 2.3 million yen ($31,000) in Japan. Toyota will introduce a remodelled Prius in May. THE ASSOCIATED PRESS

Richest Russians lose a fortune

WEALTH The top 10 wealthiest Russians lost about two-thirds of their fortunes over the past year in the financial crisis, says business magazine Finans.

Oleg Deripaska, who topped Finans' list for two years, fell to eighth after losing 85 per cent of his wealth — down to $4.9 billion US from $40 billion.

Mikhail Prokhorov, the playboy billionaire who sold his stake in Norilsk Nickel last year, moved up from seventh place to top the list with $14.1 billion, down from $21.5 billion a year ago. THE ASSOCIATED PRESS

Business in brief

PORTFOLIO Redcliff Metivier Realty Inc. has been appointed to manage a portfolio of 16 industrial buildings in Montreal for the Hospitals of Ontario Pension Plan. The portfolio includes over two million square feet of industrial and office properties, in addition to land being held for future development. The Hospitals of Ontario Pension Plan currently has net assets of $30 billion.

GAS EnCana, the Calgary-based oil and gas firm, has agreed to sell the natural gas it will produce at its Deep Panuke wells off Nova Scotia to Spanish oil and gas producer Repsol YPF S.A. The project is proposing to produce 200 million cubic feet per day at startup and will ramp up to 300 million cubic feet daily, roughly enough gas to heat 1,500 homes for one year. THE CANADIAN PRESS

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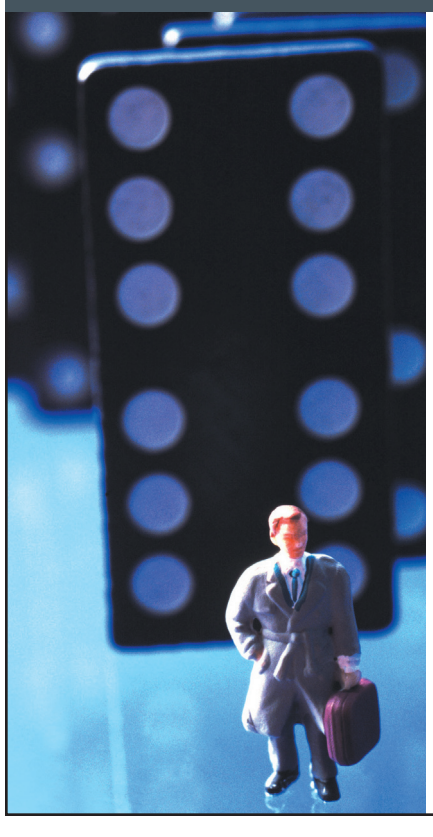

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Fraser Papers says pulp mill will take two-week shutdown

Toronto-based Fraser Papers says its pulp mill in Edmundston, N.B., will be shut down for two weeks starting next week because of poor market conditions. The mill supplies the company's integrated paper mill across the Canada-U.S. border in Madawaska, Me. THE CANADIAN PRESS

In brief

TOYS Mega Brands hopes a global licensing deal with the Nickelodeon kid-oriented cable channel will soften the blow of losing its Disney agreement to rival Lego. The Montreal-based company's three-year run making products tied to the hit animated movie Cars, Cinderella and Winnie the Pooh ends this year.

OIL In an effort to ensure work on an offshore well near Trinidad and Tobago is completed, U.K. natural gas giant BG Group has convinced an Alberta court to take away control of the exploration block from its joint venture partner, Canadian Superior Energy. The court has appointed a receiver to control Superior's 45 per cent share.

THE CANADIAN PRESS

Suppliers worried

Say Nortel bankruptcy process is too long

Nortel Networks is taking heat from suppliers who say its bankruptcy being overseen by a U.S. court doesn't consider how its own businesses could be affected.

JDS Uniphase, which is based in California but originated in Ottawa, says the process proposed by the telecom equipment maker when it sought protection from its creditors last month will take too long and contains no protections for Nortel's suppliers.

JDS Uniphase, which has sometimes been the world's biggest supplier of optical technology for communications networks, also addressed concerns that it's being left out in the dark by Nortel because the technology giant doesn't plan to share information on the bankruptcy process. JDS worries it is "likely to be left in limbo for four months with no benefit in information or analysis as a result."

"Given JDSU's experience to date, this is worrisome."
JDS Uniphase

"Given JDSU's experience to date, this is worrisome — the debtors (Nortel) have taken the position thus far that they need only provide information that they, not the claimants, deem relevant."

Nortel defended its position in an email response from spokesman Mohammed Nakhooda. "Efforts are taking place across Nortel to establish a sound and fair operating cadence with suppliers," he said. "JDSU is an important partner, and we are in discussions with them on a regular basis." THE CANADIAN PRESS

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

People walk past a branch of Lloyds bank in London Friday after it issued a surprise profit warning for its HBOS subsidiary.

British government criticized over handling of Lloyds bank

CRISIS British Prime Minister Gordon Brown's government came under growing criticism yesterday for its handling of the financial crisis as fears mounted that Lloyds Banking Group might be nationalized because of a takeover the government urged it to make.

News of a £10-billion ($17.75 billion) black hole at the HBOS subsidiary shocked the markets on Friday, just weeks after the government bypassed competition laws to allow a rescue takeover of the stricken bank by Lloyds. Lloyds shares plunged 32 per cent after the announcement Friday.

Taxpayers have pumped £17 billion ($30 billion) into the combined group, leaving the state holding a 43.5 per cent stake in Britain's third-largest bank.

Attention is now focused on why the government permitted the deal, announced last fall.

THE ASSOCIATED PRESS

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U.K. company to buy Bow Valley

TAKEOVER Debt strapped Calgary-based oil company Bow Valley Energy is being acquired by Britain's Dana Petroleum, an exploration company with interests in the North Sea, in a friendly deal valued at $240 million. THE CANADIAN PRESS

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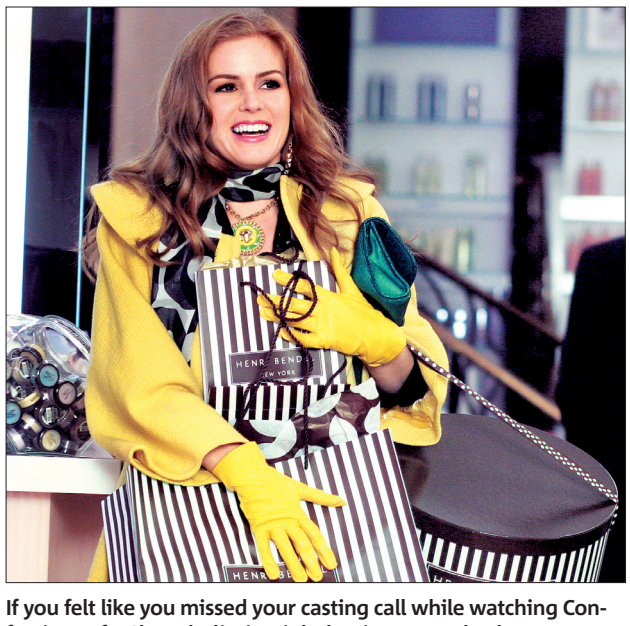
This past weekend, women everywhere flocked to theatres to check out the highly anticipated Confessions of a Shopaholic.

If, while watching this movie, you felt like you had missed your casting call, it might be time to look at your own spending.

Now, as self-reformed shopaholics, we know that there are some things that you simply can't live without. But we think that it is all about finding a way to get the must-haves for less.

• Before hitting the malls, begin at home. Clean out your closet and give away (or donate) anything that does not make you feel your absolute best. Better yet, get some honest girlfriends to weigh in on the decision. Next, make a list of the absolute must-haves and when you hit the mall, stick to the list. This will avoid any of those impulse purchases, which shopaholics are known for.

• Make friends with the salespeople — they will tell you when the steals and deals are happening, and sometimes even offer you the discount before the actual sale. Also, check to see if the same stores have a VIP emailing list. If it's an item you must-have, you might as well get it on sale.



If you felt like you missed your casting call while watching Confessions of a Shopaholic, it might be time to cut back.

Put your money into long lasting pieces like coats, shoes and handbags. Items like basic T's and skinny jeans can be purchased on the cheap.

• Don't buy anything that you don't completely love. Many of us fall into the trap of buying something with the intention of returning it in a few days if we change our mind. Let's be honest, how often does that item ever really get returned? Instead, walk away and think about it. If you are still daydreaming about that dress in a week, you can reassess.

• Lastly, find a friend or family member who wants to be your "in case of (a spending) emergency" buddy. During those moments of weakness when you are tempted to spend on something you know you shouldn't, call your friend and they will remind you of what you'd rather have that money for.

For more money saving tips, tune into season two of the Smart Cookies on the W Network, Monday nights at 10:30 p.m. PST/EST.

If you have comments or questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing
Allan Small

WILL RETURN

Losses on new home

MoneyMatters
Henry Choo Chong

choochonghcga@yahoo.ca

Q Last June, my wife and I closed on a new home purchased in October 2006 for investment purposes. Although our tenant pays all utilities, we have a cash shortfall every month for which we must pay ourselves. Should this purchase transaction have been reported in 2006? How much and where on our tax return do we account for the closing cost, new air conditioner, paint, etc.? Did we make a right decision keeping the house?

— Dan and Ashley

Current real estate listings are filled with speculators waiting (and waiting ... and waiting ...) to make a fast dollar.

A Most real estate purchased in 2006 would have appreciated substantially.

Even with the current economic climate and recent reports that indicate an 11 per cent price decline in Canadian real estate, your investment maybe worth greater than the original 2006 purchase price.

Real estate is a long-term investment and not a commodity to be sold for a quick buck. Current real estate listings are filled with speculators waiting (and waiting ... and waiting ...) to make a fast dollar.

In 2006, you had no filing requirements. However, maintain records and copies of the original purchase and sale agreement and all closing costs. These documents will be required to determine your capital gain/loss in the year of sale.

Real estate rents are reported on form T776 Statement of Real Estate Rental. The form is quite detailed; it includes the rents that must be reported and expenses that can be deducted. Closing cost, a new air conditioner and the like are capitalized and reported on a separate schedule.

You should consult a tax professional who specializes with real estate investments.

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca or 416-489-7800, ext. 227 .

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Investing advice

No one likes to think their marriage will end in divorce, but some do not last. However, this prospect should not prevent you and your spouse from planning for retirement together and taking full advantage of tax-saving opportunities, such as the spousal RRSP. NEWS CANADA

RRSP Guide

Save tax as a couple

Ultimately, the goal of a spousal RRSP is to balance the couple's individual annual income in retirement, keeping both in the lowest tax bracket possible. When a withdrawal from the spousal RRSP occurs either before or during retirement, the lower-income spouse will be taxed rather than the contributor. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Diversify to succeed

Business owners need investment plan: Experts

ROBYN YOUNG
for Metro Canada

It's dangerous for business owners to put all of their eggs in one basket by relying on the business for retirement savings, experts say.

It's crucial small business owners don't put all their eggs in one basket when planning for retirement, says certified financial planner Tina Tehranchian.

"The problem is ... a business, no matter how good it looks today, could be floundering in the future," said Tehranchian who works for Assante Capital Management and is a member of Advocis.

That's why it's dangerous to rely solely on the business as a retirement savings plan, she said.

Diversification is key.

Farah Perelmuter, who co-owns Speakers' Spotlight with her husband Martin Perelmuter, said the couple built their motivational speaking business slowly, safely and in a way they could afford.

"Hopefully [our savings] will just keep growing and we will let our kids one day decide what to do with it."
Farah Perelmuter

They've also planned for retirement, maximizing their RRSPs in hopes they won't have to rely on their business for income upon retirement.

"Hopefully it will just keep growing and we will let our kids one day decide what to do with it," she said.

Shifts in the market, economic conditions and changes in the industry can all negatively affect the growth of a business.

Tehranchian says investing in different asset classes, such as real estate, stocks, RRSPs and even guaranteed instruments like bonds or GICs, is the best way to go.

Succession planning can also be an issue for business owners relying on their company as a retirement nest egg.

In a recent survey conducted by the Canadian Federation of Independent Businesses, only 10 per cent of business owners surveyed said they had a formal succession plan.

This is problematic, Tehranchian said, because the owner may want to pass the company down to their children or a key employee, but what if the successors are not capable of managing the business?

"It's a big issue," she said.

Most small business owners are baby boomers planning to retire within the next 10 years, and many are relying on the business as their main source of income, she said.

"The business owner needs to talk to a certified financial planner, to their accountant, to their lawyer, and put the right plans and structures in place ... way ahead of time," she said.

Common investing pitfalls can be avoided

RAFAEL BRUSILOW
for Metro Canada

Don't take unnecessary risks with your RRSP, experts warn.

No one wants to drop the ball with their RRSPs but experts say pitfalls are common. Here are some mistakes to avoid with your RRSP:

The last-minute rush

Tom Hamza, president of the Investor Education Fund, says too many people see contributing to their RRSP as an end-of-year chore when, in fact, it should be a regular ritual. Waiting until the last second to dump money into your RRSP is a recipe for disaster as deadlines can pass and money you were planning on putting away might get diverted for emergencies.

"The RRSP is a critical tool for your long-term savings and in order to save effectively you have to do it consistently," Hamza said.

Spreading yourself thin

Nadine De Palma, a financial adviser with brokerage firm Edward Jones, says forcing yourself to max out your RRSP contribution might not always be the best option. While keeping your RRSP fed is important, sometimes it might be more prudent to invest elsewhere, such as back into your mortgage. Get professional advice to see how you can maximize your financial efficiency.

Digging in the cookie jar

Accessing RRSP money before retirement can be costly because of withdrawal taxes usually ranging from 10 to 30 per cent of the amount you withdraw. Worse yet, you pay tax on the full amount of the withdrawal — so if you take $10,000 out of your RRSP but pocket only $8,000 after paying the withdrawal tax, you'll still pay tax on the full $10,000 amount. No matter how badly you may want to pull money out of your RRSP, take a good long look at whether taking the money out will be worth it.

"Taking money out of the RRSP should be considered a last resort," De Palma said.

Taking it all at once

Hamza says many people make the mistake of trying to take their whole RRSP out early as a lump sum, rather than partitioning it out as a stream of regular income payments because higher taxes on a lump sum will likely mean less money in your pocket overall.

"If you take a lump sum, that sum can be taxed heavily, and after tax, the value will be much less," Hamza said.

Aiming too high

Lastly, don't take unnecessary risks with your RRSP. You aren't trying to strike it rich — you're creating a steady income stream for your retirement.

"As we mature and reach that retirement phase, it's important to reduce exposure to the market. We shift from the saving mode to the income mode. Focus on quality investments for the long term," De Palma said.

Now's the time to contribute

So the brutal market conditions have you wondering whether you should sit on the sidelines this tax season instead of making a contribution to your RRSP.

After all, what difference does a year make to your retirement?

Rest assured, a lot of folks are in the same boat.

"It's a very cautious planning cycle this time," says RBC Financial Group's chief economist, Craig Wright.

"This is the most volatile environment we've seen yet to make these types of decisions," he says.

In fact, a recent BMO Financial Group survey shows that while many Canadians expect to weather the recession and are adapting to the chilly economy, not everyone is willing to jump on the RRSP bandwagon this time around.

According to the BMO Savings Monitor, six-in-10 investors say they will contribute as much to their RRSP this year as they have in the past — but a whopping 38 per cent are not planning to contribute to their RRSP this year, saying they believe they need the funds now.

"People are taking time to assess the situation and adapting to protect themselves during volatile times," says Linda Knight, president and chief operating officer of BMO Mutual Funds.

"However, our research also indicates that some Canadians are unfazed by the shaky economy — in fact they may be in denial. Having a plan in place to help make sense of it all is paramount," she notes.

The experts argue that you're shooting yourself in the foot by sitting it out.

"I think a lot of people are weighing whether they should be using their ready cash to do it," says Tessa Boyce, regional manager for BMO Mutual Funds.

"But a big downside if you don't contribute is that you may not be able to retire when you want," she adds. TORSTAR NEWS SERVICE

Investing tip
If one spouse earns a higher income than the other, they can contribute to an RRSP in their spouse's name. NEWS CANADA

There are only two ways you can withdraw funds from your RRSP without being taxed: The first-time homebuyer's plan, and the lifelong learning plan.

Defer tax with RRSP

ERIC EMIN WOOD
for Metro Canada

For most Canadians, the immediate benefit of contributing to their Registered Retirement Savings Plan is obvious: The contribution is deducted from their taxable income.

RRSPs are not a vehicle for tax avoidance however, but tax deferral, says Winnie Go, senior wealth adviser and associate portfolio manager at ScotiaMcLeod, the brokerage division of Scotiabank. The government strictly controls what Canadians can do with their money.

For instance, at the end of the year you turn 71, you must convert your RRSP into a registered retirement income fund (RIF) — which you are taxed on when funds are withdrawn. "The government then requires you to take out a scheduled minimum every year," Go says.

"The spirit behind it is you're saving for retirement, so you get a deduction, and when you take the money out, you may be in a lower tax bracket," she says.

There is a contribution limit of 18 per cent of your previous year's income, before taxes, up to a maximum of $20,000 for 2008. "So if you earn $200,000, you can't set aside more than $20,000," says Go. However, "if you can't put the whole contribution in, that amount carries forward to future years, so you always have it."

If you have a pension, a "pension adjustment" based on, but not equal to, your pension is also deducted from your contribution limit.

There are two ways the government allows Canadians to withdraw from their RRSPs without being taxed: One is the first-time homebuyer's plan, which allows for withdrawals of up to $20,000 toward the purchase of property (a recent federal budget will increase this amount to $25,000).

The second is the lifelong learning plan, which allows Canadians to withdraw $20,000 from their RRSP to help them return to school.

In both cases, borrowers must pay the withdrawals back, "a minimum amount every year over 15 years," says Go. "Otherwise, it's taxed as income."

Even if their withdrawals are not related to postsecondary education or buying a home, Canadians can still borrow money from their RRSP. Go warns against this, as it counts as income and is subject to withholding tax.

"We encourage people to save for their retirement using an RSP," she says. "There is obviously some flexibility for lifelong learning and first-time homebuyers, and you could use it for a rainy day, but it should be your last resort."

"If you can't put the whole contribution in, that amount carries forward to future years, so you always have it." Winnie Go

Retirement planning can be easy

SAVING Unless you're planning to work forever, chances are you'll need a retirement savings plan to help you reach your retirement goals. But for some, developing a plan may seem more complicated than it sounds.

"We all know that we need to save for retirement, but many Canadians are confused about how to start, so they put off creating a retirement plan," says Linda Knight, president and chief operating officer, BMO Mutual Funds.

"Developing a retirement plan isn't as daunting as many Canadians think it is — especially when you seek the advice and guidance of a trusted financial planner."

The first part of creating a personalized retirement plan is to have a goal in mind. Do you want to spend retirement travelling across the globe or fishing at the family cottage? Once that goal is set, you can work backwards to determine how much money you will need for your dream retirement lifestyle, what age you can retire at and how much you will need to set aside in savings each year.

An RRSP is a main staple in a retirement savings plan and acts like a retirement savings piggybank that collects funds overtime for the sole purpose of funding an investor's retirement. The main benefit to investors is that all contributions made into an RRSP are tax-deductible. Within an RRSP, investors can hold a variety of investments, including guaranteed investment certificates, mutual funds, stocks and bonds.

The maximum annual contribution allowed for the 2008 tax year is 18 per cent of your earned income up to $20,000. Any unused contribution room can be carried forward to the following year.

In addition to RRSPs, investors can include real estate and company pension plans as other potential sources of retirement income. NEWS CANADA

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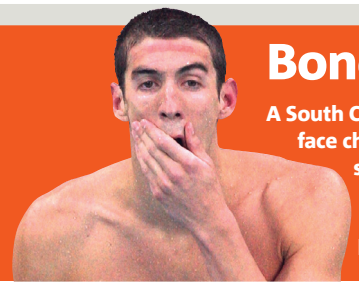
Big Papi believes in big suspensions
Boston Red Sox slugger David Ortiz says players who test positive for steroids should be suspended from baseball for the entire season. The designated hitter says the way to clean up the game is through testing and not by taking players to court. METRO NEWS SERVICES

Sports



Bong-gate comes to a close

A South Carolina sheriff said yesterday swimmer Michael Phelps, left, will not face charges after a photo of the 14-time U.S. gold medallist showed him smoking from a marijuana pipe. Sheriff Leon Lott said he didn't have enough physical evidence to charge the swimmer, but defended his investigation. Phelps released a statement saying he was glad the matter has been put to rest. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

NHL The Montreal Canadiens, who were looking to boost their defence and power play, have acquired defenceman Mathieu Schneider in a trade with the Atlanta Thrashers. The Habs are sending second- and third-round draft picks to the Thrashers for the 39-year-old. Schneider began his career with Montreal in 1989 and played on the Canadiens' last Stanley Cup team in 1993.

NBA The Phoenix Suns fired coach Terry Porter yesterday, just four months into his first season with the club. Assistant coach Alvin Gentry replaces Porter on an interim basis. Phoenix (28-23) lost five of eight going into the all-star break and trails Utah by one game for the final playoff spot in the West.

Porter

CFL The Toronto Argonauts dramatically bolstered their offensive line yesterday, agreeing to terms with free agent tackle Rob Murphy. The six-foot-five, 310-pound Murphy was regarded as the top lineman in free agency and among the best players available overall.

NFL The Jacksonville Jaguars have released running back Fred Taylor. Taylor, who has spent his entire 11-year career in Jacksonville, is 16th on the NFL's all-time rushing list. He had 556 yards on the ground last season, splitting time with Maurice Jones-Drew. METRO NEWS SERVICES

Kaberle moving?

While Tomas Kaberle has provided the Leafs with a list of 10 teams he would prefer to be dealt to, GM Brian Burke sounds as if he'd rather keep the defenceman.

"I like this guy. Bet on him staying," Burke said yesterday.

"I love being a Leaf," said Kaberle. "I want to do my best here."

Kaberle refused to waive his no-trade clause last season when interim GM Cliff Fletcher had worked out a deal to send him to Philadelphia for Jeff Carter.

Kaberle

This year with a new regime, the situation has changed.

"Two keys," Burke wrote in an email to the Toronto Star. "One, Kaberle wants to stay. He could not be clearer.

"Two, (it's) hard to believe I will get what I need to move this guy."

TORSTAR NEWS SERVICE

Tonight
VS

7 p.m.
TV: TSN
Radio: AM 640

Pogge called up

- Goalie Justin Pogge was called up from the Marlies yesterday, likely for the week.

Rain keeps Weir in second place

GOLF Some 40 hours after hitting his last shot of the tournament, Johnson won the AT&T Pebble Beach Pro-Am yesterday when rain washed out the final round for the second straight day. Canadian Mike Weir had to settle for second. It was the first rain-shortened tournament on the PGA Tour in nearly three years. THE ASSOCIATED PRESS

Sports in brief

SOCCER Manchester United striker Wayne Rooney could return after five weeks out with a hamstring injury for his team's EPL match against Fulham tomorrow. Man U has just one goal in three of its four league games with Rooney on the sidelines. THE ASSOCIATED PRESS

Spring training **It was this big**

RENE JOHNSTON/TORSTAR NEWS SERVICE

Toronto Blue Jays Vernon Wells and Alex Rios chat in the outfield yesterday in Dunedin, Fla., as position players reported to spring training camps across Florida and Arizona.

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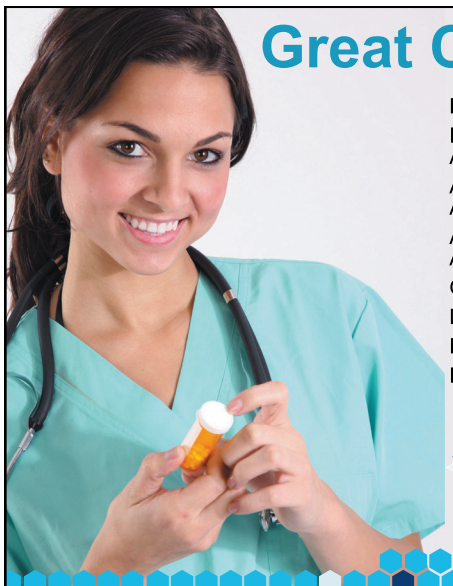

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Suns' Richardson charged with reckless driving
Jason Richardson was arrested Sunday after police said he was driving 88 km/h over the limit with his unrestrained three-year-old son in the car. METRO NEWS SERVICES

It's about the summer

Raps want to be a player in '09 because they may not be in '10

The Toronto Raptors this season have been a flaccid squad that's on pace for an anemic 31 wins. Clearly, change was in order.

And so we have the long gestated trade of Jermaine O'Neal for Shawn Marion officially consummated.

The Matrix Reloaded, on the verge of turning 31, has seen his numbers dip but could showcase some of his explosiveness in an offence that would be more suited to his tastes while playing for a contract as he'll be a free agent in a couple of months.

O'Neal had proved himself an awkward and unreliable fit in Toronto.

While giving up Jamario Moon is negligible, having to include a lottery protected conditional first-round pick to come sometime between 2010 and 2015 is no small carrot, while accepting Marcus Banks and his inflated contract could be a detriment.

Matrix reloaded?

For Banks it's not the Heat, it's the humility-over $4 million per season for 10 minutes per game? Sign me up!

But ultimately this deal gives Bryan Colangelo the cap flexibility he desperately craved, about $10 million or $11 million this summer depending on how things shake down.

Enough perhaps for a sharpshooter like the Magic's Hedo Turkoglu, or if Colangelo chooses, Marion if he's reborn like Mickey Rourke down the stretch.

Of course, Anthony Parker, Joey Graham and even Carlos Delfino will all be on the president and GM's radar.

To expect this team to contend for a playoff spot down the stretch would be foolhardy. It would need to go 17-10, a winning percentage of more than .600 after playing less than .400, just to get to 38-44, the bare minimum you would think to make the playoffs and earn the dubious distinction of being annihilated by Boston or Cleveland.

Of the remaining 27 games, it's true that 11 of those are against teams currently seeded eighth to 13th in the East, but don't succumb to the temptation to dream.

This trade leaves me about as unfulfilled as Jessica Simpson being told she can't have any more Twinkies.

Wait for Colangelo to really make a move this summer.

Adnan Virk covers the Raptors and everything else for The Score television network.

Remove eye makeup with ease

Remove makeup and gently cleanse the delicate skin around your eyes with Nivea Visage's new Aqua Sensation Eye Make-Up Removing Pads ($9.29 for 24 pads). Available at major drug, pharmacy and mass merchandise stores across Canada. METRO NEWS SERVICES

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Stretching your beauty buck

Tips to extend time between salon/spa visits

JANINE FALCON
for Metro Canada

Riding the **Recession**

Coined to refer to a fashionista with mad bargain-hunting skills, the term "recessionista" now includes the smart shopper who knows how to stretch her beauty buck.

Armed with clever ways to extend the time between salon/spa visits, she judiciously swaps prestige for mass, and looks as fabulous as ever without letting on she's pinching beauty pennies. The key, of course, is knowing where to spend and where to save.

For instance, for hair that looks as polished as it does when you leave the salon, you have to spend on quality tools and brushes. Happily, Toni & Guy provides a way to save with new-to-drugstores pro hairdryers and flatirons starting at just $69. To get that shiny smooth finish, you still need to hit a salon or beauty supply store for good boar-bristle brushes, which can cost around $20 or more, but for volume styling, you can pick up Goody velcro-type rollers in various sizes at $3.99 per package.

And guess what? You can save on hair care products. In the U.S., Pantene did a huge salon challenge in which 3,600 salon-brand consumers did a blind comparison of hair-type specific professional formulas versus the Pantene collections, and 68 per cent of the participants agreed that the drugstore brand was as good or better than the salon products they were using.

Space out those $100 spa facial appointments with daily exfoliation help from Aveeno Positively Radiant Dual Textured Cleansing Pads ($11.99 for 28 pads) or a face cream such as RoC Retin-OL + Day SPF 30 ($50.99). In a pinch, try a kit such as Neutrogena Ageless Intensives 14-Day Skin Rescue ($30.99), which promises a younger-looking complexion in 14 days.

While you might like to spend a bit more on your makeup, don't discount drugstore brands. Think two-in-one skincare plus makeup, such as Olay Total Effects with a Touch of Foundation ($24.99).

If you're thinking green, try earth-friendly packaged Physicians Formula Organic Wear, which contains certified organic ingredients, is free of harsh chemicals, synthetic colour, fragrance and preservatives, and ranges from $11.99 to $21.99. As for maintaining your $25 manicure, keep polish fresh with home applications of protective top coat, such as Revlon Quick Dry Top Coat ($6.50), and, advises Debbie Trigilidas at Concepts Day Spa Salon in Toronto, wear rubber gloves to do dishes and chores. You know you can get rubber gloves at the dollar store, right?

Clockwise from top, Physicians Formula Organic Wear 2-in-1 Bronzer & Blush, $21.99, RevlonTop Coat, $6.99, Goody So Finished Rollers, $3.99, Toni & Guy Hairdryer, $69.99, Neutrogena 14 Day Rescue, $30.99.

Bathroom sink salon

Hair hue maintenance on the cheap

JANINE FALCON
for Metro Canada

Riding the **Recession**

BEAUTY Hair hue maintenance is another regular beauty expense — don't even think of suggesting that women who colour should give it up to save a few bucks. But saving here is possible too:

- At-home root touch-up kits stretch the time between salon appointments.
- For the DIY woman, new 10-minute colour kits, such as Clairol Nice 'n' Easy Perfect 10 ($15.99) and L'Oréal Paris Excellence-to-Go ($13.99), make the home process easier, faster and safer for hair with new technology that colours without stripping the cuticle.
- Colour-lock products, such as TRESemmé ColorThrive ($6.49 each), helps keep fresh colour vibrant longer.
- Colour-reviving shampoos and conditioners, such as Pantene Pro-V Expressions ($9.99 each), boost vibrancy and sheen without tinting the towels, and in-shower shine treatments crank up the gleam if you're feeling a little dull.
- Blonds can brighten up with new John Frieda Sheer Blonde Go Blonder Lightening shampoo and conditioner, or banish brassiness with Sheer Blonde Colour Renew Tone-Restoring shampoo and conditioner ($12.99 each).
- Even straightening gets a pro-touch at home with Nexxus Sleek Memory Straightening Smoothing Spray ($13), which works with your dryer and flat-iron for easier styling, better hold, and, with continued use, actually makes hair significantly straighter and smoother even after washing.

DIY colourists should try 10-minute kits such as Clairol Nice 'n' Easy Perfect 10, $15.99 or L'Oreal Excellence ToGo, $13.99. Meanwhile, blonds can banish brassiness with John Frieda's Colour Renew Tone-Restoring shampoo and conditioner ($12.99 each).

Health in brief

FERTILITY TREATMENTS There would be fewer twins, triplets and octuplets — like the ones making headlines in California and Calgary in recent weeks — if fertility treatments were paid for by the government, new studies show.

And in the end, it would be cheaper than the current system of requiring parents to pay for their own treatments.

"The full cost is offset every year," says health economic analyst Lindy Forte, who studied the issue for the Infertility Awareness Association of Canada.

In Canada, patients pay an average of $10,000 for IVF treatments. If the procedure fails, they must pay the fee each time they try again.

TORSTAR NEWS SERVICE

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-Laura M., Sweden

Chili burns my fat away!

"With age I started gaining weight, which I really didn't like. I tried to hide it with baggy clothes, but I was still very determined to lose the weight.

I went on all diets I could find, but they never worked for me. So I ended up overeating, to feel better about myself. It was a bad cycle, and my weight just kept going up.

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"From the first day, I felt it working. I almost felt the calories being used and gradually my weight started dropping! The weight loss motivated me so much that I started drinking green tea and eating spicy foods, in addition to taking Chili Burn.

For me, this is the safe and sound solution I have been looking for, to finally lose weight!"

Laura M., Sweden

DID YOU KNOW?

GREEN TEA EXTRACTS REDUCE BODY FAT!
Recent studies have documented the effect of green tea on body fat. A clinical trial, published in the medical journal Obesity, showed that green tea reduces body fat, without need for any lifestyle changes.

The study included 240 men and women and ran 12 weeks. The conclusion was that for all subjects, body weight, BMI and body fat mass was significantly reduced in only 12 weeks, simply by taking green tea extracts.

DOES CHILI PEPPERS BURN FAT?
Chili has a very beneficial effect on weight loss. It creates heat, which burns calories. Researchers at Oxford University have shown that Chili triggers a thermodynamic burn that can last up to five hours after eating. This process speeds up the metabolism and melts calories while preventing new fat storage.

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Beware of stem cell scams

Scarce clinical evidence to prove Internet health remedies work, say researchers

CELIA MILNE
for Metro Canada

Don't be fooled by stem cell scams. Researchers from the department of public health sciences at the University of Calgary in Alberta warn that the Internet is being used to sell bogus stem cell therapies.

Stem cell therapy is still in its infancy, and isn't ready for common use. Going to a private clinic for stem cell therapy may be risky, they report.

The Internet is a very powerful tool to sell health remedies. Eight million Americans search for health information each day on the Internet, according to the paper. The researchers did a Google search and found 19 sites that advertise they can help patients who have serious diseases such as multiple sclerosis, Parkinson's, stroke, Alzheimer's or heart disease. They promote their treatments as safe, effective and ready for routine use. But published clinical evidence is scarce.

Authors say that patients are taking risks and may be wasting quite a lot of money. The average treatment is $21,500, not including travel and accommodation. These clinics typically take stem cells from the patient's bone marrow, blood or fat. Or they use stem cells from placentas or aborted fetuses. They infuse these cells into the cerebrospinal fluid or blood. But there's little evidence to say they've actually isolated stem cells, or that the treatments are effective.

The paper appeared in the December issue of the journal Cell Stem Cell.

Researchers say that patients seeking out treatments for serious diseases on the Internet are taking risks and may be wasting quite a lot of money.

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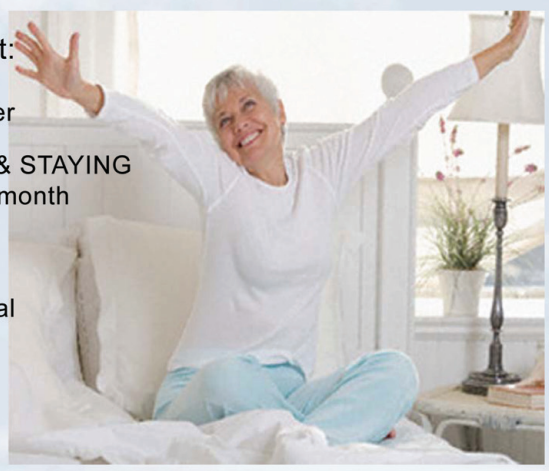

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Gay superhero as role model

DC Comics will introduce butt-kicking, lesbian Batwoman

The J Spot
Josey Vogels
Sex talk with Josey

Comics have come a long way since I was a kid. I certainly don't remember any Jewish, lesbian superheroes in them, for example. Yes, DC Comics has just announced that Batman will be taking a backseat this summer and handing the Detective Comics series over to Batwoman. They are planning 12 issues featuring the openly gay superhero starting in June.

I guess when Bob Knight, the director of The Culture and Family Institute, a right-wing religious group in the U.S., complained that kids are exposed to porn through comics because they are "chock-full of nudity, homosexuality, violence, and demonic portrayals" he was right about the homosexuality part. But he said this like it's a bad thing.

Frankly, I think exposing young comic book fans to a strong, lesbian character would induce these mostly young boys (and maybe a few young girls too) to think that well, apparently some Jewish lesbians can really kick butt in a cape.

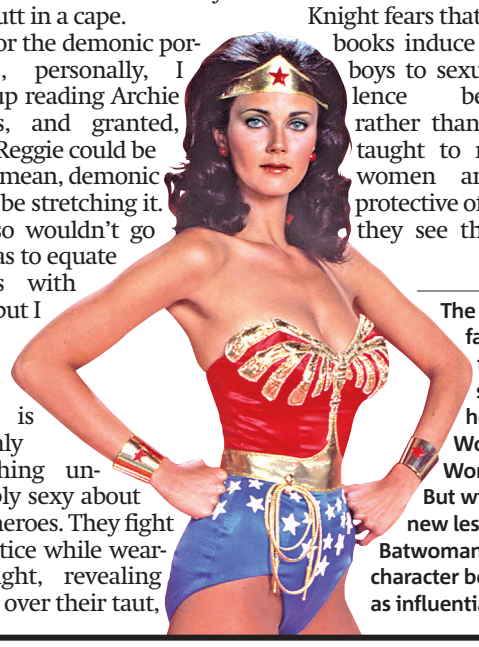
As for the demonic portrayals, personally, I grew up reading Archie comics, and granted, while Reggie could be pretty mean, demonic might be stretching it.

I also wouldn't go so far as to equate comics with porn, but I do agree that there is certainly something undeniably sexy about superheroes. They fight for justice while wearing tight, revealing outfits over their taut, fit bodies. They maintain an air of mystery by wearing masks or hoods. And while their strong, dominant side makes them, er, superheroic, they usually have a vulnerable side that makes them human and sweet. It's that perfect combination of strength and vulnerability we all seek in an ideal partner.

Knight fears that comic books induce young boys to sexual violence because, rather than being taught to respect women and be protective of them, they see them as "targets, both for sexual conquest and as combatants."

Again, not so sure. Modern-day superheroes have been around since Superman made his debut in 1938. Phantom Lady and Black Cat, the first female superheroes, showed up in 1941, followed just a few months later by the most famous female superhero, Wonder Woman. And who didn't respect Wonder Woman and her ability to elicit the truth from evil men with the flick of a lasso?

In fact, while they may be overly curvy and their clothes a little tight, one could argue that female superheroes are some of the few take-charge women young men are exposed to in popular culture. And if they see that some of these take-charge women are Jewish and lesbian, I say, "Holy way to push the envelope, Batwoman."



The most famous female superhero is Wonder Woman. But will a new lesbian Batwoman comic character be just as influential?

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Guilt-free eating

Cookbook aims to decrease high blood pressure

Cut your salt and fat intake, eat more fruits, vegetables and whole grains and you have the recipe to decrease high blood pressure.

These were the findings of a research project commissioned by the U.S. National Institute of Health in 1992. The project is dubbed DASH, which stands for Dietary Approaches to Stop Hypertension.

The approach to dining based on rigorous scientific studies found that nutrient-rich whole foods could lower blood pressure as effectively as most prescription medicines.

Canadian publisher James Lorimer took notice of the studies and approached food scientist and author Sandra Nowlan of Halifax to research DASH with the idea of writing a cookbook.

The result is Delicious DASH Flavours: The Proven Drug-Free, Doctor-Recommended Approach to Reducing High Blood Pressure (Formac Publishing).

More than 100 recipes, many gleaned from restaurant chefs across Canada, are "exceptional and so healthy you can eat guilt-free, even if you don't suffer hypertension," says Nowlan.

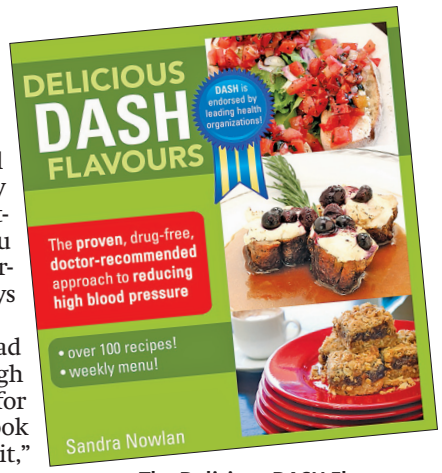
Her father had "terrible high blood pressure for years and he took medication for it," so she was interested in the project from a personal standpoint.

What stands out, Nowlan says, is that lowering salt and fat content in recipes doesn't mean a lack of flavour.

"Obviously the recipes had to meet the restrictions of the diet. To my mind flavour is most important. If it doesn't have flavour I have no patience with such food."

Nowlan adds that she was an ideal candidate to test the recipes she chose because she is "sensitive to salt and so I always cut back on salt and fat as much as I can."

To compensate for less salt and fat, she added herbs, garlic, lime or lemon juice, salt-free lemon pepper, a dash of low-sodium soy sauce or tangy garnishes like capers.



The Delicious DASH Flavours cookbook proves that lowering salt and fat doesn't mean compromising taste. It is available at Chapters for $29.95.

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Metro Workology exclusive: Matters of the Heart

Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check for Workology on Mondays, Tuesdays and Wednesdays and at Metronews.ca/work as well.

Workology

University bias?

Colleges Ontario launched a new advertising campaign yesterday aimed at parents' biases about college and university. TV ads feature young people saying "It's all about M.E." as they address unseen parents about their education goals. The multi-media campaign encourages parents and students to recognize that a college education may be the best option. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Like 'em, hate 'em, it's over in five

Matters of the Heart

BRIAN COULTON
for Metro Canada

Date number one: O. I try to delay the speed of my racing heart with a glass of red wine.

O plops her beer down and takes her seat on the opposite side of the table strewn with chocolate hearts wrapped in red foil. Beyoncé's Single Ladies serendipitously streams from the speakers. Attempted confidence radiation has subdued my nerves, for now. But when I try to flirt by telling O she has a pretty name, I make a stark realization: O is the name of a publicist I've worked with before. My first of the night's 25 dates is with a girl I already know.

Speed dating is one of several matchmaking services offered by Single in the City, the dating company founded by Laura Bilotta and Melissa Seifert. The concept is simple: Spend five minutes each with 25 people in one night.

If a pair records feeling a romantic connection, they receive one another's contact information to take things to the next level. Or, as fellow speed dater Michael describes, "It's like blind dating on crack."

To organize such an event, Seifert says, planning and media experience help, but real learning comes from getting your hands dirty.

"There are a lot of careers out there where you get more career knowledge by being involved in something than by (earning) a degree in that area. It's definitely something you learn as you go."

Date number two: P. She's from Finland, so I try to impress her with my embarrassingly limited Finnish vocabulary: Porkkana and koira, which translate to carrot and dog. The random selection makes her laugh. I place a check mark beside P.

"A first impression is what speed dating is all about," says Seifert. But while some critics would say it's nothing more than forced encounters to coerce love, Seifert disagrees. "It is spontaneous!" she says. "There has to be a chemistry between two people and chemistry is always spontaneous. It's never forced."

Date number nine: W. Despite donning the striking blue number that drew me to her, I must force a smile when W proclaims her greatest love is volleyball. I hate sports. Still, I feign interest and say I enjoy playing tennis, though I haven't actually played in at least a year. Behind our grins, we silently agree it's a deal breaker.

While not all speed dates guarantee a connection, Seifert has witnessed success. Past speed daters have written to her indicating they developed a long-term relationship or even got married. "Getting to see people find the person they've been waiting for their whole life and hearing about it — that's really the best part," says Seifert. "That's the reward."

My reward? 48 hours later, I receive an email: Three matches out of four ladies I marked having connections with.

We took things fast at first. Now it's up to me to slow things down.

At Single in the City speed dating service, if a pair records feeling a romantic connection, they receive one another's contact information to take things to the next level.

"Getting to see people find the person they've been waiting for their whole life and hearing about it — that's really the best part."
Melissa Seifert

For more Matters of the Heart exclusive series check the Workology section Mondays, Tuesdays and Wednesdays or stop by Metronews.ca/work

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Tread lightly if indulging in a workplace romance

Matters of the Heart

RAFAEL BRUSILOW
for Metro Canada

Dating in the workplace might be the last remaining romantic taboo, but that hasn't stopped plenty of people from letting cupid reign in the cubicle.

A 2008 Vault.com survey found almost half (46 per cent) of employees said they have been involved in an office romance and 13 per cent more said they hadn't but were willing to date within their office. Quick flings weren't the only source of romance: Twenty per cent of respondents said they met their spouse or long-term significant other in the office.

Dating coach April Braswell, who works in California's Silicon Valley and has plenty of experience matching up working singles, suggests attractions in the workplace are hardly surprising given that most people end up spending more time every day with co-workers than with anybody else.

"Work is where we spend at least eight-to-ten hours each day — you're dressed well, freshly showered and usually energetic. It's natural there's going to be chemistry," Braswell said.

High-profile figures are no less bitten by the love bug — as Bill and Melinda Gates both met in the workplace, as did Hollywood power couple Brad Pitt and Angelina Jolie.

> **"If ... it doesn't have an impact on your work, most companies won't care."**
> Claude Balthazard

Of course, executives and other wealthy stars have an easier time navigating dating stigmas — for the rest of us Braswell does warn against dating within a smaller company of less than 30 employees, simply because privacy is almost impossible to maintain and fallout can be magnified if things go wrong.

"When you're in a small-sized company it really is too close for comfort. It starts to be really awkward and you need to have enough professional breathing room," Braswell said.

If you do start an office romance though, avoid letting it get out of hand.

"Go slowly so that people see you're being professional and neither of you is using each other," Braswell said.

Claude Balthazard, director of H.R. excellence at the Human Resources Professionals Association of Ontario, agrees that staying professional is crucial not only to avoid a disruptive rumour mill but to make sure your relationship doesn't distract from your work.

"If you keep it really low-key and it doesn't really have an impact on your work, most companies won't care," he said.

Dating someone who you are directly responsible to can constitute a conflict of interest however, so be prepared to move departments or even companies if your romance breaks any corporate rules.

"Don't have a meltdown. Business is complicated enough these days that it's the last thing you need," Balthazard said.

Check Metronews.ca/work for more of the Matters of the Heart exclusive series

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Timberlake tops style list
In March's GQ magazine, Justin Timberlake leads the list of the 10 Most Stylish Men in America for his impact on fashion and helping launch trends like hats, three-piece suits and skinny ties. Where does the singer get his inspiration? From his step-dad, banker Paul Harless. **USMAGAZINE.COM**

Entertainment

Hayek weds
Salma Hayek has married French businessman Francois-Henri Pinault. The Oscar-nominated actress — who has a 16-month-old daughter with Pinault— reportedly tied the knot on Valentine's Day. **FEMALEFIRST.CO.UK**

EDITOR: DEAN.LISK@METRONEWS.CA

The battle for Oscar's top tune

Slumdog Millionaire, Wall-E compete for best original song

BRYAN BORZYKOWSKI
for Metro Canada

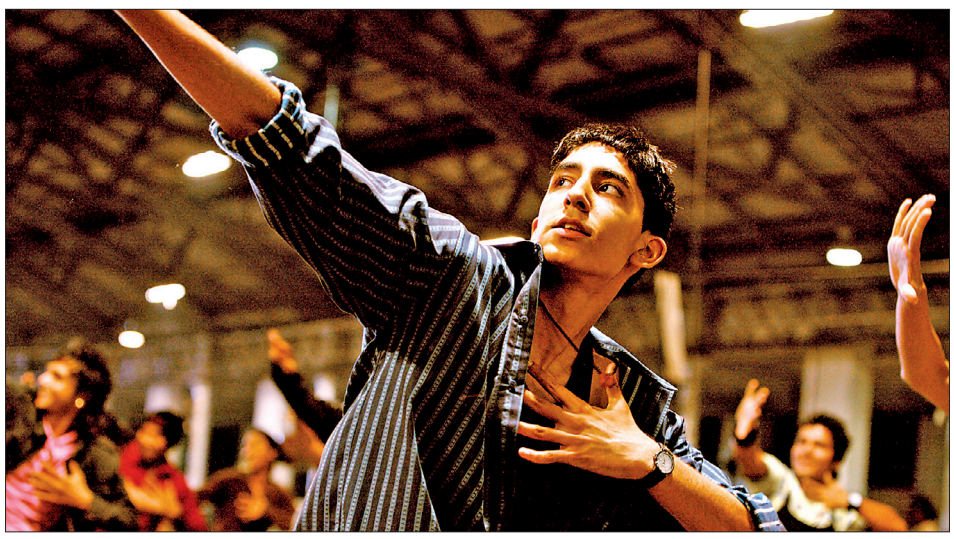
Most people tune into the Academy Awards for the glitz, glamour and the best picture trophy, but for music lovers the real show is all about best original song.

This year's battle for Oscar is a little less fierce than in past years — two songs penned by Indian-born songwriter A.R. Rahman for Slumdog Millionare are up against a tune by Peter Gabriel from Wall-E — but the songs might be the most interesting to vie for the prize yet. That's thanks to Rahman, whose songs O Saya, which features Sri Lankan songstress M.I.A. on vocals, and Jai Ho brilliantly fuse American-electro sounds with traditional Indian melodies, a musical combination that's never graced an Academy Award stage.

While it's a good bet one of Rahman's tunes will win, Peter Gabriel's Down To Earth — a fun, but relatively laid-back affair — has history on its side. Some of the more recent winners haven't been boisterous over-the-top tunes like Slumdog's are, but rather quiet, introspective singer-songwriter sounds.

Last year's winner Falling Slowly was a passionate duet by The Frames' Glen Hansard and Czech songstress Markéta Irglová. It was a victory for indie rock fans, but not so much for outside of the box artists.

Melissa Ethridge, Jorge Dexler, Bob Dylan and Phil Collins have all taken home a trophy too, and while the songs were award-worthy, they all fit a similar singer-songwriter mold.



A pair of tunes from Slumdog Millionaire, above, and one from Wall-E are up for best original song.

If it's not guys or gals with guitars (or, in the '80s, pianos), it's ensemble musical numbers. Songs from the Little Mermaid, Fame, Mary Poppins and Dirty Dancing have all won Oscars; the most nominations and wins belongs to Sammy Cahn, a Broadway lyricist.

Despite the fact that plenty of the music world's most acclaimed tunes have won best original song (Take My Breath Away, I Just Called to Say I Love you, Que Sera Sera have all been victorious), some of the most memorable winners have come from unlikely artists.

It's hard to forget Three Six Mafia's thrilling 2005 performance of Hustle and Flow's It's Hard Out There For a Pimp — and their even more stunning win, becoming the first African-American music group to ever take home an Oscar. And, although they didn't snag the main prize, Beyoncé's pitch perfect, '60s-style pairing with Jennifer Hudson on Dreamgirls' Listen was easily one of Oscars' most memorable duets ever.

So while Peter Gabriel could follow in the footsteps of many other big name solo artists — Paul McCartney, Bruce Springsteen, Carly Simon, Neil Young and Elton John have all been up for the award — Rahman's brilliant fusion of multi-cultural musical styles, and the fact that he's somehow not up against Springsteen's remarkable track for The Wrestler, likely means his name will be called on Sunday.

Even if one of his tunes is triumphant, though, it's doubtful we'll see an influx of cross-cultural sounds in the future. But, unlike the Grammy's, this will be one night where the best song will win.

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THE BETTER WAY

Chan film too violent for China

Jackie Chan

MOVIES Jackie Chan, the comical kung fu king, is starring in a new movie so violent that its director decided not to release it in mainland China.

Hong Kong director Derek Yee said yesterday he considered toning down the violence in Shinjuku Incident so it could pass censorship in China, but decided not to because he thought it would hurt the integrity of the movie.

Yee said the movie, in which Chan plays a refugee who escapes to Japan and becomes a killer for the mob, has scenes that show characters getting a hand chopped off and pierced with knives. "We tried to cut the violent scenes to meet the requirements of the Chinese market, but producers I invited to watch that version thought it was incomplete," he said.

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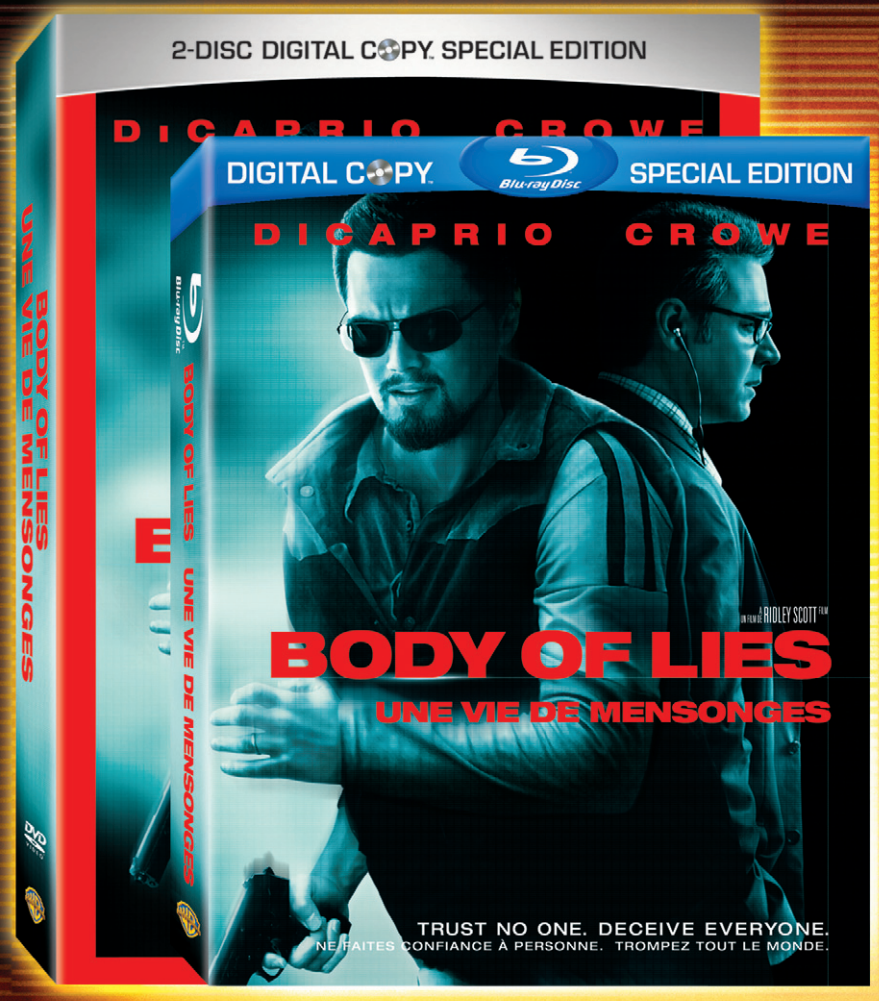
– Peter Travers, ROLLING STONE



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Manilow makes it to Friars Club

For Barry Manilow, the hottest spot north of Havana was the Friars Club. The singer of Copacabana and Mandy was inducted into the club Saturday, joining celebrities including Frank Sinatra and Billy Crystal as part of the famous group. THE ASSOCIATED PRESS

Four on trial over Pirate website

COURTS The four men behind the popular file-sharing website The Pirate Bay have gone on trial in Stockholm, Sweden, accused of helping millions of users worldwide break copyright law.

The trial is being watched with great interest by film and music labels and file-sharers around the globe since it could determine at what point file-sharing, or the encouragement of file-sharing, becomes illegal.

The defendants are accused of breaking Swedish copyright law by helping Internet users download protected music, movies and computer games.

"They have already failed to take down the site once. Let them fail again."
Defendant Gottfrid Svartholm Warg

Twenty-eight-year-old Gottfrid Svartholm Warg, 30-year-old Peter Sunde, 30-year-old Fredrik Neij and 48-year-old Carl Lundstrom face up to two years in prison if convicted.

They also face a possible fine of 120 million kronor — $17.8 million U.S. — in claims for compensation and damages for the artists whose works have been infringed. The defendants insisted their site is legal and that prosecutors wouldn't be able to shut it down even if they are convicted.

"They have already failed to take down the site once. Let them fail again," Svartholm Warg said.

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Back to basics

Donna Karan offers her recession mantra

KENYA HUNT
Metro World News

Designer Donna Karan is tailoring her fashion philosophy to the needs and demands of the recession.

Donna Karan is more prepared to deal with this economic downturn than most.

"I started my company in one of them," she tells me in her Urban Zen store in New York, which makes a calm, quiet contrast to the busy preparations for the DKNY show happening in her work studio next door.

Incense smoke snakes its way through the air, adding to her image as the fashion world's spiritual queen yogi. But underneath her relaxed, oversized sweater and leotard (she wears one everyday), lies a mogul with a shrewd business sense.

She began honing it early on. Her father was a custom tailor, and her mother a showroom model. "I was brought up on 7th Avenue. It's in my blood. It's in my character and nature," she adds.

Q You've weathered several economic downturns. Have you noticed a difference in how this one is affecting your approach to Donna Karan Collection and DKNY?

A I wasn't even aware of it in the process, but you'll see that the fall Donna Karan is very reflective of the collection that I did in 1985. And that will be very obvious to everyone. Meanwhile, DKNY, which just celebrated its 20th anniversary, will be more about sophistication and moving forward. We're catering to another generation.

Q For women who are scaling back on their shopping and trying to decide what to invest in, what advice would you give?

A There has to be an emotional purpose. And you have to think about what is lacking in your wardrobe. Look for things that flatter the body and make you feel good. The minute I put on one of these pieces (motioning to her sweater), it makes me feel good. It's not about the garment, it's about you. But I think that more people should remember the importance of buying in this climate. It's important because you're buying to help another human being, to save a job.

Q Karl Lagerfeld and (Council of Fashion Designers of America president) Steven Kolb said in separate interviews that the good thing about the recession is that it's making the fashion industry scale back and focus on fashion again. Would you agree with this?

A Oh God yes. I think it's a paring down and I think there's an awakening. Things have been so fashion driven. Fashion seems to come and then it feels like last year's fashion. It's good to get back to an idea of seasonless dressing and allowing the consumer to have clothes with longevity to them, while at the same time giving them a reason to buy. And teaching the customer that if sales continue the way they are, there will be no industry. This is not something as frivolous as the world of fashion. It's affecting everyone the world over.

Full circle

- "DKNY started as a sportswear brand. There are essential iconic style elements with DKNY and we're returning to those," Donna Karan explains. She breaks them down.
- A great pair of jeans
- The anorak
- A T-shirt
- A trench coat
- The boyfriend jacket
- The jumpsuit

Riding the Recession

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Polanski's bid for dismissal

Setting the stage for a hearing this week on Roman Polanski's bid to dismiss a 31-year-old sex prosecution, his lawyer has asked a judge to subpoena three officials. He wants their testimony on negotiations that precipitated Polanski's decision to flee the country in the late 1970s. METRO NEWS SERVICES

Idlout rocks north to south

BRIAN TOWIE
for Metro Canada

Don't get the wrong idea about Lucie Idlout.

Sure, the singer-songwriter, who splits her time between Toronto and her hometown of Iqaluit, pens and performs rockers and ballads that address issues within her First Nations community on Swagger, her second album, which dropped on Feb. 10. But don't expect any throat-singing; Idlout is a rocker for all audiences first and foremost.

"I'm the only Inuk in this town that I hang out with," she said. "The themes that I write about are universal. I am informed by my culture in terms of who I am as a person … I don't broadcast it."

In fact, the rock chanteuse, who opened up for the White Stripes in Iqaluit in 2007 during that band's foray into the Canadian North, doesn't broadcast anything she doesn't think merits saying. Growling guitars accompany laconic, straight-to-cases lyrics, as framed in her track Lovely Irene, a harrowing recount of the domestic abuse suffered by a close friend.

The song had legs. The mayor of Iqaluit renamed the street on which that town's women's shelter sits after the acoustic version of the song, Angel Street, which led other cities across the country (Fredricton, N.B., is leading the charge) to consider doing the same.

If you go...

- Lucie Idlout plays on Feb. 16 at the Rivoli.

ILIA HORSBURGH PHOTO

A rocker from head to toe, Lucie Idlout plays the Rivoli on Feb. 16.

"Whenever you can contribute to the cause of people's greater well-being, it's a good thing," she says.

Idlout is an accidental, and reluctant, spokesperson for the North. She notes there's a common misconception among "Southerners" — the idiom those living above the tree line have for the rest of us — that the North is a cold, barren land of toubled communities, bordering on Neolithic. Though less cosmopolitan than Toronto or Montreal, it's simply not the case, and she feels people need to learn more about the country in which they live.

"I think for anyone to have a notion of what any place is, without having been there, is odd to begin with. I think people generally believe that we're stuck in the Stone Age and we haven't adapted or made contribution to the modern world, and that's not true," she said.

"There are people who live a modern life and a traditional one as well. It's a dangerously fun place. Spring's coming, the season for nudie-skidooing."

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Vancouver dance train party to draw thousands

IMPROMPTU What started out as a boring night at home on Facebook for 18-year-old Ariel Buxton has erupted into a social-networking experiment that will culminate next weekend in what could be Vancouver's dance party of the year.

While killing time online, Buxton stumbled upon a video of a "silent" subway dance party in Toronto last year. In the video, uploaded to YouTube last February, party goers break into dance one by one to the music of their own iPods and MP3 players as confused riders look on.

"I posted the video on my Facebook, sharing the wondrous idea with a few friends," Buxton explained. "The rest, as they say, is history."

Buxton created her own Facebook event with the hopes of bringing a similar dance-a-thon to British Columbia. But she never envisioned her idea for the Feb. 21 SkyTrain bash would take off quite like it has. The guest list now runs into the thousands.

"When I made the event I thought maybe one hundred would be invited, tops," she said. "Never had I imagined more than 3,000 people. I guess I never took into consideration the domino effect. I invite 50 friends, the 30 who accept invite 50 of their friends and so on and so forth."

THE CANADIAN PRESS

Urban surprises press at Daytona

MUSIC Country music star Keith Urban performed a surprise two-song set for reporters to kick off his day at the Daytona 500, where he was the featured artist during Sunday's pre-race concert. "First time playing a press room," he quipped before launching into Sister Golden Hair by America. It was the first press room concert performed by any of the musical acts that Daytona International Speedway officials have brought before the media. Urban said he was not trying to one-up previous music guests Big & Rich, Bon Jovi or Brooks & Dunn, but played because "I just wanted to get in my comfort zone."

THE CANADIAN PRESS

For more movie reviews, features and to buy tickets check out Metronews.ca

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TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Street (N)		Stephen Fry in America (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Bounce" (N)		90210 (HDTV)		Project Runway Canada		News (N)
	215	343	4	OMN1	Two-Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N)	(DVS)	CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		Privileged (HDTV)		Scrubs	Scrubs	Primetime: What Would		News (N)
	212	313	8	CTV	etalk	Hollywood	American Idol (HDTV) Twelve semifinalists perform. (Live)				Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	The Biggest Loser (N)				Ruby	Kimora: Fab	News (N)
	137	763	13	TFO	Panorama		Naufragé des dunes		*La Nuit de Varennes* ★★ (1983, Com. dramatique)				Empire
	-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*Ladies Room* ★ (1999, Drama) John Malkovich.				To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Bounce" (N)		The Mentalist (HDTV) (N)		(10:01) Without a Trace (N)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				Law & Order: SVU		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Homeland Security USA		Scrubs	Scrubs	Primetime: What Would		News
	219	346	20	ACH-B	Instant Star	TMZ (N)	Cold Case		Law & Order		(10:01) Without a Trace (N)		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol (HDTV) Twelve semifinalists perform. (Live)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (HDTV) (DVS)		Frontline (N) (DVS)		*Forgotten Ellis Island* (2008)		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 (HDTV)		Privileged (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210

news

502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		The Third Sex (N)		National
500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		Conversations: Michael Eisner		On the Money		Mad Money

sports

405	417	22	net	Darts World Premier League.				Best Damn Sports Show		Sportsnet Connected		Hockey Central
400	400	30	TSN	NHL Hockey Buffalo Sabres at Toronto Maple Leafs. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre

family

411	457	58	OLN	Dog: The Family Speaks		Survivorman		Mantracker		Dog: The Family Speaks		Survivorman
417	406	81	SC	Pimp My Ride	Pass Time (N)	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
551	542	25	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach		Mystery Hnt.
554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody

cable variety

602	567	27	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
570	580	29	MM	Degrassi: TNG	Instant Star	Paris Hilton's My New BFF		disBand	Technical Diff.	Degrassi: TNG	Instant Star	The Shift
615	520	31	A&E	CSI: Miami "Payback"		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	The Beast
700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	Nati Ieri		Raymond	Raymond	George Lopez
571	581	36	MMM	mmmtop	Where You At	Popaganda		Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed
575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes
616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	The L Word (N)		House
620	523	40	BVO	Each Day		Live at the Rehearsal Hall		One Night With Barry Manilow			Side-Dick Dale	Law & Order
601	562	41	SLC	Til Debt-Part	Rich Poor	Trinny and Susannah Undress		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
522	506	43	HIS	NCIS "The Immortals"		Ultimate Engineering		Ax Men "The Big Hit"		NCIS "The Immortals"		Re-Inventors
625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
600	564	46	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
294	529	47	TBS	House-Payne	House-Payne	*Just Cause* ★★ (1995, Drama) Sean Connery.				Steve Harvey	Seinfeld	Family Guy
576	582	49	BET	106 & Park: BET's Top 10 Live		*House Party IV* ★ (2000, Comedy) Marques Houston.				Baldwin Hills	Baldwin Hills	Judge Hatchett
627	528	50	SPC	Stargate Atlantis (DVS)		Lost "Special"		Star Trek: Voyager		Destination Truth (N)		Stargate SG-1
581	566	52	MTV	Mom & Dad	After	MTV News	From G's to Gents Sixteen G's arrive.			From G's to Gents (N)		MTV Live
618	524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
603	561	56	FOOD	Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
261	394	60	V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Off the Leash	The Tonight Show-Jay Leno		TMZ
553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby
115	711	101	TVA	Les Gags (SC)	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
526	507	249	VIVA	Judging Amy		Missing		Missing		Encounters	In Dreams	Psychic Inv.
300	601	301	M1	(7:10) *The Cradle* (2007, Suspense) Lukas Haas.				*American Gangster* ★★★ (2007, Crime Drama) Denzel Washington.				
305	612	306	PIX	*Blackout*	(7:20) *Harry's Case* (2001, Mystery)			*How I Got Into College* ★★ (1989)			*Blood for Blood* (1974)	

critics'corner

Trinny and Susannah Undress
Your clothes are hurting your relationship. That's the premise of this makeover series featuring the ladies from the British version of "What Not to Wear." In each episode, Trinny Woodall and Susannah Constantine work with a couple, helping both partners confront their body image insecurities. 8 PM on SLC

Scrubs
J.D. discovers that not even Elmo can teach the gift of compassion to those who do not care to learn in this episode guest starring several Muppets from "Sesame Street.". Elliot learns just how dysfunctional the new crop of interns really is. 9 PM on ABC CITY

Law & Order: Special Victims Unit
When a man is found badly beaten in a strip club parking lot with no memory of what happened, Detectives Benson and Stabler are at a loss for evidence. A fake fingernail embedded in the victim's skin leads them to believe the attacker is female. But things are rarely what they seem. 10 PM on CTV NBC

Is Heidi too heavy?
Proving once again how tough the fashion world is, a German designer has deemed Heidi Klum too fat, declaring she's "no runway model." "She is simply too heavy and has too big a bust," Wolfgang Joop told Bild magazine. METRO NEWS SERVICES

Celebrity Buzz

Not just a bromance: Downey Jr.

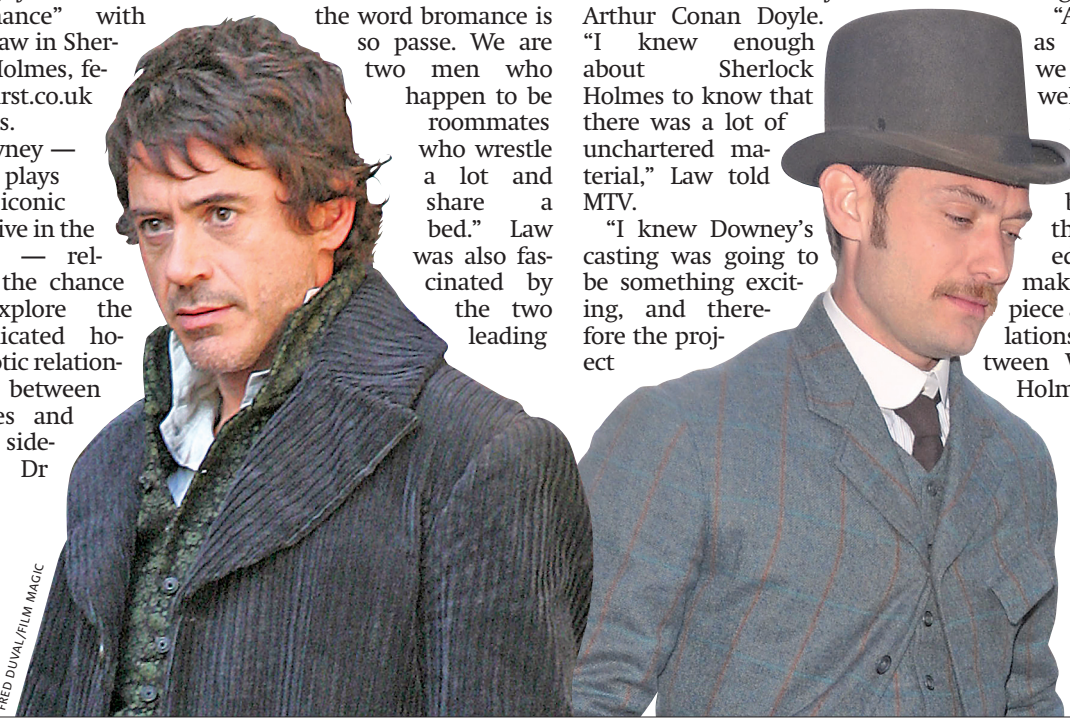
ONSCREEN Robert Downey Jr. enjoyed his onscreen "bromance" with Jude Law in Sherlock Holmes, femalefirst.co.uk reports.

Downey — who plays the iconic detective in the movie — relished the chance to explore the complicated homoerotic relationship between Holmes and his sidekick Dr Watson, played by the Alfie star. He said: "I think the word bromance is so passe. We are two men who happen to be roommates who wrestle a lot and share a bed." Law was also fascinated by the two leading men in the film, which is based on the stories by Sir Arthur Conan Doyle. "I knew enough about Sherlock Holmes to know that there was a lot of unchartered material," Law told MTV.

"I knew Downey's casting was going to be something exciting, and therefore the project was going to be something exciting.

"And as soon as I met him, we got on very well — which is a good sign — and we both agreed that we wanted to really make this a piece about the relationship between Watson and Holmes."

METRO NEWS SERVICES



FRED DUVAL/FILM MAGIC

Jessica keeps ripping her pants onstage

FASHION Jessica Simpson has ripped her pants "every time" she's performed at Madison Square Garden, femalefirst.co.uk reports. The singer has now taken to wearing a "skort" to prevent the embarrassing problem happening again.

Speaking ahead of a show in New York show last week, Jessica said: "Every time I've performed at Madison Square Garden, my pants have completely ripped in half.

"I decided to wear a little 'skort' — not a skirt, but some shorts just so they wouldn't split."

METRO NEWS SERVICES

Katie's just got a great metabolism

IMAGE Katie Holmes claims her recent slimming down is just the result of a hectic schedule and her powerful metabolism. "My metabolism was in full gear the whole time," the actress, who just completed a run in All My Sons on Broadway, said, according to the Boston Globe.

"I lose weight fast when I'm working so hard. It doesn't matter how much I eat, I just get thin. It's not the worst problem in the world to have though, is it?"

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Beyoncé isn't much fun when she drinks

SOCIALIZING Beyoncé says she doesn't usually drink a lot because she's a boring drunk. "When I'm drunk, I'm very quiet and I observe and I go to sleep," the singer said, according to China Daily. "I don't think I'm much fun." She went on to say that she's never felt peer pressure to pursue other substances. "I've never seen a person who was high and thought, 'Wow, I want to do that!' I'm like, 'That's cool for them, but no thank you. I'll just have my wine.'"

METRO NEWS SERVICES

Miley's not allowed to move out

FAMILY Miley Cyrus' parents have banned her from moving out, femalefirst.co.uk reports. The 16-year-old star reportedly believes she is mature enough to get her own place and live with her best friend Mandy Jiroux, but her dad Billy Ray Cyrus doesn't agree.

A source said: "Miley's parents feel, that if anything, she has already got more freedom than is good for her." However, the Hannah Montana star is determined to convince her parents to change their minds and isn't ready to give up on the idea of leaving home.

The source added to the National Enquirer magazine: "Miley knows that the next time she asks, it will come as less of a shock. She plans to wear her mom and dad down. She is itching for freedom and hopes to be under her own roof well before she turns 18."

METRO NEWS SERVICES

It would be 'difficult' to play in L.A. again, says Beckham

MOVING David Beckham says life would be "difficult" should he be forced to return to play in Los Angeles, people.com reports. The 33-year-old soccer hunk — on loan from the LA Galaxy to Italy's AC Milan — has already made clear his desire to continue playing the European circuit. But on Sunday, Beckham confessed that a return to Los Angeles would be awkward. "I've said I want to stay here, and if I do go back then it will be a bit difficult, but we'll have to wait and see what happens," he said.

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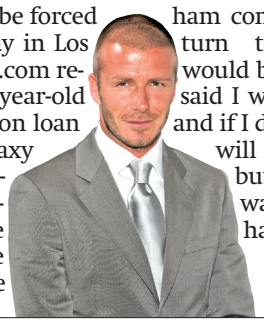


Will Leo convert to Judaism for Bar?

MARRIAGE Leonardo DiCaprio must convert to Judaism if he wants to marry Bar Rafaeli, femalefirst.co.uk reports. The Israeli-born supermodel's father, Rafael Rafaeli, has reportedly forbidden Bar from marrying outside her faith, the website adds.

A source said to the New York Daily News newspaper: "He told me that if Leonardo doesn't convert to Judaism, there will be no marriage." The actor, who has been dating 23-year-old Rafaeli since 2005, recently revealed he wants to wed.

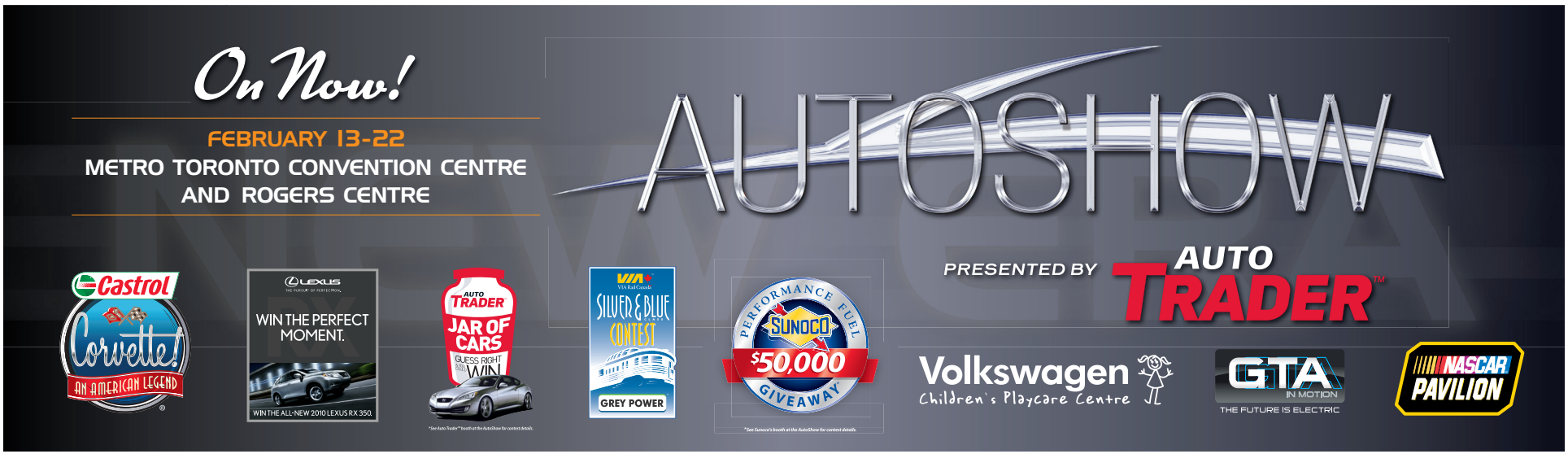
DiCaprio, 34, said: "I absolutely believe in marriage. In saying that I realize I am contradicting everything I've said before. Yes, I want to get married and have children."

METRO NEWS SERVICES

Madonna's boy toy may be a PR stunt

DATING Insiders claim that Madonna's very public relationship with 22-year-old Brazilian model Jesus Luz is nothing more than an elaborate publicity stunt meant to drum up attention for her tour. "It's a classic Madge publicity stunt but suits both parties well," a source tells the Mirror. "Despite her advancing years, she looks like she's still got what it takes to pull a 22-year-old. And Jesus is getting a boost of publicity as well."

METRO NEWS SERVICES



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Today: Partly sunny 0° / -2°
Wednesday: 90% Rain and snow 4° / -5°
Thursday: 60% Flurries 2° / -8°

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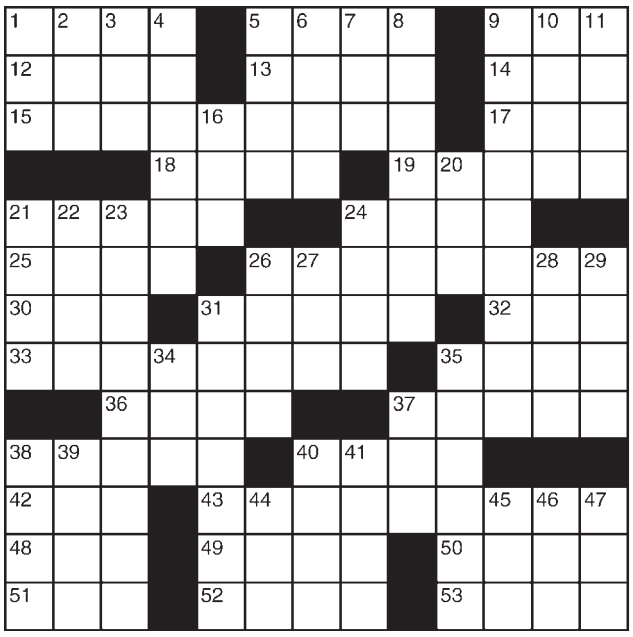

Crossword across

1 Fishing spear
5 Impale
9 Supreme Being
12 Hodgepodge
13 Met melody
14 Anger
15 April paperwork
17 "Do the Right Thing" director
18 Elbow counterpart
19 Private instructor
21 Fathered
24 Relaxation
25 Took care of weeds
26 PC peripheral
30 Lamb's dam
31 Anna of "Scary Movie"
32 Coll. transcript stat
33 Dadaism pioneer
35 Existed
36 Pub orders
37 Bygone
38 Greedy cry
40 Highly rated
42 Blackbird
43 Speak eloquently
48 Heavy weight
49 Neighborhood
50 Hemingway nickname
51 Hydrocarbon suffix
52 Scream
53 Location

Crossword down

1 Understood
2 Carte lead-in
3 Repair
4 Like a snake's tongue
5 Fill to excess
6 Verifiable
7 Atmosphere
8 Small chickens
9 Of the best quality
10 Sandwich treat
11 Antelope's playmate
16 Conclusion
20 GIs' entertainment org.
21 Son of Noah
22 Hawkeyes' home
23 Double-check
24 Egress
26 Bleacherites
27 MGM motto start
28 Foil's kin
29 "Death in Venice" author
31 Big road
34 Shade source
35 Censors, in a way
37 Yoko of music
38 Fence opening
39 A party to
40 Skating jump
41 October birthstone
44 100 square meters
45 Spigot
46 Nasdaq debut
47 Heathcliff, for one

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		7			6	1		
	3		1	4			8	
8		1	2			6		9
7				2		9	4	
	1		9		4		5	
	5	9		8				1
3		4			2	8		5
	6			9	5		7	
		5	4			3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

I	N	C	A	■	P	E	R	■	C	A	M	P
F	E	A	R	S	O	M	E	■	O	G	E	E
S	E	T	T	L	E	U	P	■	R	O	T	E
■	■	■	F	I	T	■	R	A	N	G	E	R
A	L	B	U	M	■	E	I	R	E	■	■	■
B	I	E	L	■	U	P	S	T	A	R	T	■
S	E	E	■	K	N	E	E	S	■	O	A	F
■	U	P	R	I	S	E	S	■	C	L	U	E
■	■	■	W	E	T	S	■	W	A	L	T	Z
I	M	P	A	L	A	■	E	A	R	■	■	■
S	O	O	N	■	B	U	C	K	L	E	U	P
L	A	R	D	■	L	A	C	E	I	N	T	O
E	T	N	A	■	E	R	E	■	N	E	E	D

2	3	5	1	8	9	6	4	7
7	4	8	5	6	3	9	2	1
9	1	6	2	4	7	8	5	3
5	6	7	9	1	4	2	3	8
1	2	9	7	3	8	4	6	5
3	8	4	6	2	5	1	7	9
8	7	2	4	5	1	3	9	6
6	9	3	8	7	2	5	1	4
4	5	1	3	9	6	7	8	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Turkey Cobb Salad Sandwiches

INGREDIENTS:
1/4 cup (50 ml) non-fat mayonnaise
1/4 cup (50 ml) blue cheese, crumbled
2 tbsp (25 ml) snipped fresh chives
4 slices lean bacon
1 small avocado
8 slices multigrain or sourdough bread, toasted
4 oz (125 g) watercress, tough stems trimmed
3/4 lb (375 g) fresh-roasted turkey breast slices
3 medium tomatoes, sliced
4 scallions, thinly sliced

METHOD:
1. Combine mayonnaise, blue cheese, and chives in small bowl.
2. Cook bacon in medium skillet over medium-high heat until crisp. Transfer to paper towels to drain, then tear into small pieces. Pit, peel, and thinly slice avocado.
3. Spread blue cheese mixture evenly on bread. Layer 4 slices with watercress, turkey, tomatoes, scallions, avocado, and bacon. Top with remaining bread, and cut sandwiches diagonally in half.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You're right to refuse to deal in a sordid situation. The truth is found in your financial documents. A trickster quickly does some damage control.

TAURUS
APRIL 21-MAY 21
Coming events are casting their shadows. A high-impact performance will take place at night. Sympathetic action defuses your bad mood.

GEMINI
MAY 22-JUNE 21
Be aloof when a friend is challenged in a dangerous dispute. You need to find peacefulness. Anxiety about adversity will just roll away.

CANCER
JUNE 22-JULY 22
A man has a noteworthy answer to an emotional investigator. Refuse to worry about a complainer. You'll regret ignoring the money coming in.

LEO
JULY 23-AUG 23
Move quickly when a relative needs your attention. An optimistic chat results from an encounter. A fearless man won't let flattery go to your head.

VIRGO
AUG 24-SEPT 22
A heavy-handed hustler is caught telling lies. Nobody knows what to do after a battle. You'll be a determined challenger when you take charge.

LIBRA
SEPT 23-OCT 23
A busybody fears telling you bad news. Count on an important person stepping in when people go wild. Try not to displease a pretentious simpleton.

SCORPIO
OCT 24-NOV 22
Be silent when someone is gossiping. A devoted friend won't reveal damaging information. There's a brilliant way to please an attractive person.

SAGITTARIUS
NOV 23-DEC 21
Laughter erupts when you're with friends. A self-centred friend won't understand you. Protest the stupid mistakes of the day at dinnertime.

CAPRICORN
DEC 22-JAN 20
The perfect solution to an uncertain situation torments someone. Noisy people fatigue you. Anxiety is due to psychosomatic wounds.

AQUARIUS
JAN 21-FEB 18
An outrageous friend knows the way to a better future. You'll feel tired of making decisions. A family member causes anxiety by not calling in.

PISCES
FEB 19-MARCH 20
Someone walks out in disgust after a crucial decision is made. A contract will have to be revised. A lover avoids making a terrible mistake.

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Erin Mills Shopping Centre
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Lime Ridge Mall
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